

# Chilliwack YMCA OPEN GYM Schedule

Effective Nov 21 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> 6:00am-8:45am	<b>Y Sweat</b> 6:15am-7:00am	<b>Open Gym</b> 6:00am-9:00am	<b>Y Sweat</b> 6:15am-7:00am	<b>Open Gym</b> 6:00am-9:00am	<b>Open Gym</b> 7:00am-8:45am	<b>Open Gym</b> 7:00am-2:00pm
	<b>Open Gym</b> 7:15am-11:45am		<b>Open Gym</b> 7:15am-11:45am			
<b>Y Strength</b> 9:15am – 10:15am		<b>Y Sweat</b> 9:15am – 10:15am		<b>Y Sweat</b> 9:15am – 10:15am	<b>Multi-Sports</b> 9:00am-10:15am  6-12 years Pre-registration required	
				<b>Y Gentle Cardio</b> 10:45am-11:45am		
<b>Y Gentle Cardio</b> 10:45am-11:30am	<b>Lunch Bunch</b> Basketball 11:45am – 1:00 pm	<b>Y Gentle Cardio</b> 10:45am-11:30am	<b>Lunch Bunch</b> Basketball 11:45am – 1:00 pm	<b>Lunch Bunch</b> Basketball 11:45am – 1:00 pm	<b>Open Gym</b> 10:30am-5:00pm	
<b>Open Gym</b> 11:45am-1:30pm  3:00pm – 5:00pm	<b>Open Gym</b> 3:00pm-6:15pm	<b>Open Gym</b> 11:45am-1:30pm  3:00pm-5:00pm	<b>Open Gym</b> 3:00pm-6:00pm	<b>Open Gym</b> 3:00pm-9:00pm		
<b>Y Sweat</b> 5:30pm-6:30pm	<b>Multi-Sports</b> 6:45pm-8:00pm  6-12 years Pre-registration required	<b>Multi-Sports</b> 5:15pm-6:30pm  6-12 years Pre-registration required	<b>Y Sweat</b> 6:45pm-8pm			
<b>Open Gym</b> 6:45pm-9:00pm	<b>Open Gym</b> 8:15pm-9:00pm	<b>Open Gym</b> 6:45pm-9:00pm	<b>Open Gym</b> 8:15pm-9pm			Updated Nov 21 2022