

Chilliwack YMCA OPEN GYM Schedule

Effective January 3rd 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Open Gym 6:00am-9:00am</p>	<p>Y Strength 6:15am – 7:00am</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Open Gym 6:00am-9:00am</p>	<p>Y Sweat 6:15am – 7:00am</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Open Gym 6:00am-8:45pm</p>	<p>Open Gym 7:00am – 8:45am</p>	<p>Open Gym 7:00am-2:00pm</p>
<p>Y Strength 9:15am – 10:15am</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Open Gym 7:15am – 11:45am</p>	<p>Y Sweat 9:15am – 10:15am</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Open Gym 7:15am – 11:30am</p>	<p>Y Sweat 9:15am – 10:15am</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Multi-Sports 9:00am – 10:15am</p> <p><i>Pre-registration recommended on Mindbody</i></p>	
<p>Y Gentle Cardio 10:45am – 11:30am</p> <p><i>Pre-registration recommended on Mindbody</i></p>		<p>Y Gentle Cardio 10:45a – 11:30am</p> <p><i>Pre-registration recommended on Mindbody</i></p>		<p>Y Gentle Cardio 10:45am-11:30am</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Open Gym 10:30am – 5:00pm</p>	
<p>Open Gym 11:45am – 5:15pm</p>	<p>Lunch Bunch Basketball 11:45am – 1:00 pm</p>	<p>Open Gym 11:45am-5:30pm</p>	<p>Lunch Bunch Basketball 11:45am – 1:00 pm</p>	<p>Lunch Bunch Basketball 11:45am – 1:00 pm</p>		
	<p>Open Gym 1:00pm-5:00pm</p>		<p>Open Gym 1:00pm – 6:30pm</p>	<p>Open Gym 1:00pm – 9:00pm</p>		<p>Facility closes at 2:00pm</p>
<p>Y Sweat 5:30pm – 6:30pm</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Multi-Sports 5:15pm-6:30pm and 6:45-8:00pm</p> <p><i>6-12 years Pre-registration required</i></p>	<p>Y Strength 5:45pm-6:45pm</p> <p><i>Pre-registration recommended on Mindbody</i></p>	<p>Y Sweat 6:45pm-7:45pm</p> <p><i>Pre-registration recommended on Mindbody</i></p>		<p>Facility closes at 5:00pm</p>	
<p>Open Gym 6:45pm – 9:00pm</p>	<p>Open Gym 8:15pm – 9:00pm</p>	<p>Open Gym 7:00pm – 9:00pm</p>	<p>Open Gym 8:00pm-9:00pm</p>			<p><i>Updated Jan. 17 2023</i></p>