

# Chilliwack YMCA OPEN GYM Schedule

Effective Sept 1<sup>st</sup>

Stat Holiday: Sept 4<sup>th</sup> and 30<sup>th</sup> - No Classes, Pool or Programs

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