

# Chilliwack YMCA OPEN GYM Schedule

Effective March 4<sup>th</sup>

Stat Holiday: March 29<sup>th</sup> , April 1<sup>st</sup> and May 20<sup>th</sup> . No registered programs or classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Open Gym 6:00am-9:00am</div>	<div><div>Y Strength 6:15am – 7:00am</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Open Gym 6:00am-9:00am</div>	<div><div>Y Sweat 6:15am – 7:00am</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Open Gym 6:00am-9:00am</div>	<div>Open Gym 7:00am – 8:45am</div>	<div>Open Gym 7:00am-3:30pm</div>
	<div>Open Gym 7:15am – 11:00am</div>		<div>Open Gym 7:15am – 11:00am</div>			
<div><div>Y Strength 9:15am – 10:15am</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Adult Walking 11:00am-11:30am</div>	<div><div>Y Sweat 9:15am – 10:15am</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Adult Walking 11:00am-11:30am</div>	<div><div>Y Sweat 9:15am – 10:15am</div><div>Pre-registration recommended on Mindbody</div></div>	<div><div>Multi-Sports 9:00am – 10:15am</div><div>Pre-registration recommended on Mindbody</div></div>	
<div><div>Y Gentle Cardio 10:45am – 11:30am</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Lunch Bunch Basketball 11:45am – 1:00 pm</div>	<div><div>Y Gentle Cardio 10:45a – 11:30am</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Lunch Bunch Basketball 11:45am – 1:00 pm</div>	<div><div>Y Gentle Cardio 10:45a – 11:30am</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Teen Sports 10:30am-12:00pm</div>	<div>Teen Sports 3:30pm-5:00pm</div>
<div>Open Gym 11:45am – 3:30pm</div>	<div>Open Gym 1:00pm-3:30pm</div>	<div>Open Gym 11:45am-3:30pm</div>	<div>Open Gym 1:00pm – 3:30pm</div>	<div>Lunch Bunch Basketball 11:45am – 1:00 pm</div>	<div>Open Gym 12:00pm-7:00pm</div>	<div>Open Gym 5:00pm-7:00pm</div>
<div>Teen Sports 3:30pm-4:30pm</div>	<div>Teen Sports 3:30-4:30</div>	<div>Teen Sports 3:30pm-4:30pm</div>	<div>Teen Sports 3:30pm-4:30pm</div>	<div>Open Gym 1:00pm-3:30pm</div>		
<div><div>Y Sweat 5:30pm – 6:30pm</div><div>Pre-registration recommended on Mindbody</div></div>	<div><div>Multi-Sports 5:15pm-6:30pm and 6:45-8:00pm</div><div>6-12 years Pre-registration required</div></div>	<div><div>Y Strength 5:30pm-6:30pm</div><div>Pre-registration recommended on Mindbody</div></div>	<div><div>Y Sweat 6:45pm-7:45pm</div><div>Pre-registration recommended on Mindbody</div></div>	<div>Teen Sports 3:30pm-4:30pm</div>	<div>Facility closes at 7:00pm</div>	<div>Facility closes at 7:00pm</div>
<div>Open Gym 6:45pm – 9:00pm</div>	<div>Open Gym 8:15pm – 9:00pm</div>	<div>Open Gym 6:45pm – 9:00pm</div>	<div>Open Gym 8:00pm-9:00pm</div>	<div>Open Gym 4:30pm-9:00pm</div>		

Updated March 21, 2024