TD Canada Trust Gymnasium Winter 2024

	Man	Tue	Wed	Thu	Fri	Cat	Crue	
5:50	Mon	Tue H.I.I.T	wed	H.I.I.T	FII	Sat	Sun	F-F0
3.50		Jen		Jen				5:50
	Open Gym	Jen	Open Gym	Jell	Open Gym			
	.,,		.,		.,,			
7:00		Open		Open				7:00
7:45		Gym		Gym				
8:00	Discond	7am to 8:15	Disposal	7am to 8:15	Discord	Onon		0.00
0.00	Ripped	0:12	Ripped	0:15	Ripped	Open Gym		8:00 8:15
						G 7		8.13
8:45		YMCA		YMCA			Family	8:45
9:00		Early		Early			Open	9:00
	YMCA	Learning	YMCA	Learning	YMCA	Special	Gym	
10:00	Early Learning	Center	Early Learning	Center	Early Learning	Olympics		9:45
10:00	Center		Center		Center			10:00
								10.00
10:30						Active		10:30
11.00		Play Pals		Play Pals	Line	Playtime		
11:00		Swim & Gym		Swim & Gym (5 and under)	Dancing	(1-5 yrs)	Pickleball 10:30am to	11:00
11:30		(5 and under)		(5 and under)		Active Y	12:30am to	11:15
11:45	Open		Open			Kids	12.30pm	
12:00	Gym		Gym	Cardio		(5-12 yrs)		12:00
	11am to	Group Power	11am to	Pump	Open			
	2:25pm	Joanne	2:25pm	Lvnn	Gym			
1:00								12:45
1:15		Pickleball		Pickleball	Pickleball			1:00 1:15
		1:05pm to		1:05pm to	1:05pm to			1:15
2:00		2:25pm		2:25pm	2:25pm	Rental		
2:15							Open	2:00
2:30							Gym	2:15
	YMCA Early	YMCA Early	YMCA Early	YMCA Early	YMCA Early			2:30
	Learning Center	Learning Center	Learning Center	Learning Center	Learning Center			3:00
	center	Center	center	center	center			3.00
3:30								3:30
	Youth	Youth	Youth	Youth	Youth	Youth		
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:45	(9 to 17yrs)	(9 to 17yrs)	(9 to 17yrs)	(9 to 17yrs)	(9 to 17yrs)	(9 to 17yrs)		4:45
5:00								5:00
		Youth Rec		Active	Youth Rec			
5:30		Sports		Y	Sports			5:30
5:45p 6:00p	Open	(5-12yrs)		Kids	(5-12yrs)			6:00
6.00p	Gym		Open Gym	(5 to 12yrs)				0.00
6:30	Special		Gyili					6:30
6:45	Olympics							
7:00								7:00
7:15								7:15
7:30 7:45								7:30 7:45
8:00	Pickleball	Adult	Pickleball	Adult	Open			8:00
2.50	7:30pm to	Basketball	7:30pm to	Basketball	Gym			3.00
	9:45pm	7:15pm	9:45pm	7:15pm				
8:45		9:45pm		9:45pm				8:45
9:00								9:00
9:15 9:30								9:15 9:30
9:45								9:45
5.45								9:45

aqua fit
lane swim
learn to swim
Adult Learn to Swim
parent & me
Open/family swim
senior
Swim to survive
Recovery
Private lesosn

