



# OPEN GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM	ADULT OPEN GYM 5:30AM-9:00AM	ADULT OPEN GYM 5:30AM-9:00AM	ADULT OPEN GYM 5:30AM-9:00AM	ADULT OPEN GYM 5:30AM-9:00AM	ADULT OPEN GYM 5:30AM-9:00AM		
7AM						ADULT OPEN GYM 7:00AM-9:00AM	ADULT OPEN GYM 7:00AM-9:00AM
9AM	YOUTH PROGRAMS 9:00AM-11:00AM	FAMILY OPEN GYM 9:00AM-11:00AM	YOUTH PROGRAMS 9:00AM-11:00AM	ADULT FITNESS 9:00AM-10:00AM	FAMILY OPEN GYM 9:00AM-11:00AM	FAMILY OPEN GYM 9:00AM-10:00AM	FAMILY OPEN GYM 9:00AM-10:00AM
10AM				FAMILY OPEN GYM 10:00AM-11:00AM		YOUTH PROGRAMS 10:00AM-12:00PM	YOUTH PROGRAMS 10:00AM-12:00PM
11AM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM		
12PM						FAMILY OPEN GYM 12:00PM-2:00PM	FAMILY OPEN GYM 12:00PM-2:00PM
1PM	FAMILY OPEN GYM 1:00PM-2:30PM	YOUTH PROGRAMS 1:00PM-2:00PM	FAMILY OPEN GYM 1:00PM-2:45PM	FAMILY OPEN GYM 1:00PM-2:45PM	FAMILY OPEN GYM 1:00PM-2:00PM		
2PM	GYM RENTAL 2:00PM-3:00PM	FAMILY OPEN GYM 2:00PM-2:45PM			GYM RENTAL 2:00PM-3:00PM	BIRTHDAY PARTY 2:00PM-3:00PM	BIRTHDAY PARTY 2:00PM-3:00PM
3PM	AFTER SCHOOL PROGRAM 2:45PM-5:30PM	AFTER SCHOOL PROGRAM 2:45PM-5:30PM	AFTER SCHOOL PROGRAM 2:45PM-5:30PM	AFTER SCHOOL PROGRAM 2:45PM-5:30PM	AFTER SCHOOL PROGRAM 2:45PM-5:30PM	FAMILY OPEN GYM 3:00PM-5:00PM	FAMILY OPEN GYM 3:00PM-4:00PM
4PM							NIPISSING ROLLER DERBY 4:00PM-6:00PM
5PM	YOUTH PROGRAMS 5:30PM-7:00PM	YOUTH PROGRAMS 5:30PM-8:00PM	YOUTH PROGRAMS 5:30PM-7:00PM	ADULT FITNESS 5:30PM-6:30PM	TEEN OPEN GYM 5:30PM-9:00PM	ADULT OPEN GYM 5:00PM-7:00PM	ADULT OPEN GYM 6:00PM-7:00PM
7PM	NIPISSING ROLLER DERBY 7:00PM-9:00PM		NIPISSING ROLLER DERBY 7:00PM-9:00PM	TEEN OPEN GYM 6:30PM-8:00PM			
8PM		TEEN OPEN GYM 8:00PM-9:00PM		ADULT FLOOR HOCKEY 8:15PM-10:15PM			
9PM	ADULT OPEN GYM 9:00PM-10:30PM	ADULT OPEN GYM 9:00PM-10:30PM	ADULT OPEN GYM 9:00PM-10:30PM		ADULT OPEN GYM 9:00PM-10:30PM		

## Winter 2019

■ Youth 
 ■ Teen 
 ■ Adult 
 ■ Family 
 ■ Birthday Party 
 ■ Gym Rental

## PLEASE NOTE

Open Gym times are subject to gym rentals.  
Please call Membership Services for inquiries!