



YMCA Greater Halifax/Dartmouth
John W. Lindsay YMCA
Gym Schedule

Effective September 20 – December 12, 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|---|------------------------------------|
| | Family Bubble 6:00 – 9:00 am | | Hoop Bookings 6:00 – 9:00 am | Family Gym Time 6:00 – 9:00 am | | |
| Early Bird Fitness 7:00 -8:00am | | Early Bird Fitness 7:00 -8:00am | | | | |
| Pickleball 9:00 – 11:30 am | Badminton 9:30 – 11:30 am | Pickleball 9:00 – 11:00 am | Pickleball 9:00 – 11:00 am | Pickleball 9:30 – 11:00 am | Family Gym Time 8:00 – 9:30 am | Hoop Bookings 8:00 – 9:00 |
| | | | | | Hoop Bookings 10:00 am – 12:00 pm | Volleyball 10:30 am 12:00 pm |
| | | Badminton 11:30 am– 1:30 pm | Badminton 11:30 am– 1:00 pm | Hoop Booking 11:30 am – 2:30 pm | | |
| Book Camp 12:15 – 1:00pm | Hoop Bookings 12:00 – 3:00 pm | | | | Family Gym Time 12:00 -2:00 pm | Family Gym Time 12:30 – 2:30 pm |
| Hoop Bookings 1:30 – 2:30 pm | | | Hoop Bookings 1:30 – 2:30 pm | | | |
| | | Hoop Bookings 2:00 – 5:00 pm | | | Pickleball 2:30 – 4:00 pm | |
| | | | | | Badminton 4:30 – 6:00 pm | |
| Volleyball 3:00 – 5:00 pm | Family Gym Time 3:30 – 5:00 pm | | Volleyball 3:00 – 5:00 pm | Pickleball 3:00 – 5:30 pm | | Badminton 3:00 – 5:00 pm |
| Hoop Bookings 5:30 – 7:30 pm | Hi/Low 5:30 – 6:30 pm | Zumba 5:30 – 6:30 pm | Hoop Bookings 5:30 – 7:30 pm | | | Hoop Bookings 5:30 – 7:30 pm |
| | | | | Badminton 6:00 – 8:00 pm | Hoop Bookings 6:30 – 7:30 pm | |
| | | Hockey Fit 7:00 – 8:30 pm | | <p>Remember to book your spot on with the My Y App <i>Schedule is subject to change without notice</i></p> | | |
| Community Y Practice 8:00 – 9:45 pm | | | | | | |
| | Community Y Practice 8:30 – 9:45 pm | Community Y Practice 8:45 – 9:45 pm | Community Y Practice 8:30 – 9:45 pm | | | |