



YMCA Greater Halifax/Dartmouth
John W. Lindsay YMCA
Winter 2022 Gym Schedule

Effective January 17, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Hoop Bookings 6:00 –8:30 am		Hoop Bookings 6:00 – 8:30 am	Family Gym Time 6:00 – 8:30 am		
Early Bird Fitness Class 7:00-8:00am		Early Bird Fitness Class 7:00-8:00am				
						Basketball Registered Program 8am- 10 am
Drop In Pickleball 9:00 – 11:30 am	Drop In Badminton 9:00-11:30 am	Drop In Pickleball 9:00–11:00 am	Drop In Badminton 9:00 – 11:00 am	Tumblebugs program 9:15-10:00 am	Tumblebugs program 9:00-9:45 am	
				Family Gym time 10:00-11:30 am	Family Bootcamp 10:00-10:45 am	Drop-in Soccer 10:30am- 12:30pm
		Drop In Badminton 11:30 am – 1:30 pm	Drop In Pickleball 11:30 am – 1:30 pm		Family Gym Time 11:00am – 2:00 pm	
Boot Camp 12:15 – 1:00pm	Hoop Bookings 12:00 – 5:00 pm			Hoop Bookings 12:00 – 5:00pm		
Family Gym Time 1:30 – 3:30 pm			Hoop Bookings 1:30 – 4:30 pm			Program space 1:00-3:00 pm
		Hoop Bookings 2:00 – 5:00 pm			Badminton 2:30 – 5:00 pm	
Hoop Bookings 3:30 – 8:00 pm						Family Gym Time 3:30-5:30 pm
	Hi/Low Class 5:30 – 6:30 pm	Zumba Class 5:30 – 6:30 pm	Drop in Soccer 5pm-8 pm	Drop In Badminton 5:30pm – 8:00pm	Drop in Pickleball 5:30pm – 8:00 pm	Hoop Bookings 5:30 – 8:00 pm
	Hoop Bookings 6:45pm- 8:00pm	Hoop Bookings 6:45 pm-8:00pm				
				<p><i>Remember to book your spot on with the My Y App Schedule is subject to change without notice</i></p>		