YMCA of Belleville and Quinte Gym Schedule

613-394-9622

City of Quinte West Branch Effective January 20, 2010

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
East Gym	**West Gym**	**East Gym**	**West Gym**	**East Gym**	**West Gym**	**East Gym**	**West Gym**	**East Gym**	**West Gym**	**East Gym**	**West Gym**	**East Gym**	**West Gym**
Open Gym 6:00-9:00am	Open Gym 6:00-9:00am	Open Gym 6:00-6:00pm	Open Gym 6:00-9:00am	Open Gym 6:00-10:00am	Open Gym 6:00-9:00am	Open Gym 6:00-5:00pm	Open Gym 6:00-5:00pm	Open Gym 6:00-10:00am	Open Gym 6:00-9:00am	Open Gym 7:30-8:45am	Open Gym 7:30-9:00am	Open Gym 9:00-1:30 pm	Open Gym 9:00-1:30pm
Discovery Days 9:00 -10:00am	***Mix It Up 9:15-10:15am***	***Cardio & Sculpt 6:15-7:15pm***	***Stretch / Strength 8:15-9:00am (Studio)***	*Gym & Swim* 10:15-10:45am	***Cardio & Sculpt 9:15-10:15am***	*Parent & Tot Tumbling * 2-4yrs 5:00-5:30pm	***Stretch / Strength 8:15-9:00am (Studio)***	*Gym & Swim* 10:15-10:45am	***Mix it Up 9:15-10:15am***	*Tiny Tumblers* 3-5 yrs 9:00-9:45am	***Cardio & Sculpt 9:15-10:15am***	Birthday Parties 1:30-2:30pm	
*Gym & Swim * 10:15-10:45am	Open Gym 10:30-5:00pm	***Cycle Fit 6:30-7:15pm (Studio)***	***Tone and Define 9:15-10:15am***	Open Gym 10:45-5:30pm	Open Gym 10:30-9:45pm	*Tiny Tumblers* 3-5 yrs 5:30-6:00pm	***Tone and Define 9:15-10:15am (Studio)***	Open Gym 10:45-9:45pm	Open Gym 10:30-6:00pm	*Fancy Tumblers* 6-9yrs 9:45-10:30am	*Tiny Dancers* 6-9yrs 9:00-9:45am (Studio)	*Can Do Sports* 2:30-4:00pm	Open Gym 2:30-5:15pm
Open Gym 10:45-6:00pm	***Tai Chi * 1:00-2:00pm (Studio)***	Open Gym 7:30-9:45pm	Open Gym 10:30-5:00pm	*Little Hoops Basketball* 6-9 yrs 5:30-6:30pm	***Cycle Fit 9:15-10:00am (Studio)***	*Fancy Tumblers* 6-9yrs 6:15-7:00pm	***Cycle Fit 12:15-1:00pm (Studio)***		Adult Floor Hockey 6:00-8:00pm	*Tumblers* 10+yrs 10:30-11:15am	*Fancy Dancers* 10-12yrs 9:45-10:30am (Studio)	Open Gym 4:00-5:15pm	
Youth Volleyball 10-12yrs 6:00-7:00pm	***Cycle Fit 5:00-5:45pm (Studio)***		***Cycle Fit 12:15-1:00pm (Studio)***	*Hoops Basketball* 10-12yrs 6:30-7:30 pm	***Yoga 10:15-11:15am (Studio)***	*Tumblers * 10+yrs 7:00-7:15 pm	***Tai Chi* 1:00-2:00pm (Studio)***			*Parent & Tot Tumbling * 11:30-12noon	*Hip Hop* 11-14yrs 10:30-11:15am (Studio)		
Family Volleyball 7:00-8:00pm	***Tone and Define 5:15-6:00pm***		*Soccer * 10-12yrs 5:15-6:15pm	Adult Basketball 8:00-9:30pm	***Cycle Fit 53:0-61:5pm (Studio)***	Adult Badminton 8:00-9:00pm	***Family Cycle Theatre 6:30-7:15pm (Studio)***			Open Gym 12:00 -1:30 pm	*Floor Hockey* 10-12yrs 10:15-11:00am		
Adult Volleyball 8:00-9:30pm	*Tiny Dancers * 6-9yrs 6:00-6:45pm (Studio)		*Soccer * 5-9yrs 6:15-7:15pm		***BOSU Interval 6:30-7:30pm (Studio)***		*Y World of Sports* 6-9yrs 5:00-6:00pm				*Soccer* 11-14yrs 11:00-12:00pm		
	*Fancy Dancers * 10-12yrs 6:45-7:30pm (Studio)		*Soccer* 11-14yrs 7:15-8:15pm		***Core Fusion 7:45-8:30pm (Studio)***		***Step it up with Weights 6:15-7:15pm***				*Badminton * 6-9yrs 12:15-1:00pm		
	Hip Hop 11-14yrs 7:30-8:15pm (Studio)		Adult Soccer 8:15-9:15pm				*Y World of Sports* 10-13yrs 7:15-8:15pm				Open Gym 1 :00-1:30 pm		
	Dance Fit 6:15-7:15pm			**Fitness classes are available for members 13 years and older**			Open Gym 8:30-9:45pm			Birthday Parties 1:30-2:30pm			
	Yoga 7:15-8:15pm (South Community RM)			***Indicates a Program that Requires Registration***						Open Gym 2:30-5:15pm			
	Open Gym 7:30-9:45pm												