

HAMILTON DOWNTOWN FAMILY YMCA - Schedule At A Glance

April 25 - July 3, 2022

Monday				
Main Gym	Aux Gym	Fitness Floor	Studio	Pool
6:00 AM				Pool Closed
6:30 AM				Pool Closed
7:00 AM				Pool Closed
7:30 AM				Pool Closed
8:00 AM	Open Gym 6:00 - 11:00	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Open Gym 6:00 - 8:30	Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM				Pool Closed
6:30 PM				
7:00 PM				
7:30 PM				
8:00 PM				
8:30 PM				
9:00 PM				

Tuesday				
Main Gym	Aux Gym	Fitness Floor	Studio	Pool
6:00 AM				Pool Closed
6:30 AM				Pool Closed
7:00 AM				Pool Closed
7:30 AM				Pool Closed
8:00 AM	Open Gym 6:00 - 11:00	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Open Gym 6:00 - 8:30	Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM				Pool Closed
6:30 PM				
7:00 PM				
7:30 PM				
8:00 PM				
8:30 PM				
9:00 PM				

Wednesday				
Main Gym	Aux Gym	Fitness Floor	Studio	Pool
6:00 AM				Pool Closed
6:30 AM				Pool Closed
7:00 AM				Pool Closed
7:30 AM				Pool Closed
8:00 AM	Open Gym 6:00 - 11:00	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Open Gym 6:00 - 8:30	Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM				Pool Closed
6:30 PM				
7:00 PM				
7:30 PM				
8:00 PM				
8:30 PM				
9:00 PM				

Thursday				
Main Gym	Aux Gym	Fitness Floor	Studio	Pool
6:00 AM				Pool Closed
6:30 AM				Pool Closed
7:00 AM				Pool Closed
7:30 AM				Pool Closed
8:00 AM	Open Gym 6:00 - 11:00	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Open Gym 6:00 - 8:30	Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM				Pool Closed
6:30 PM				
7:00 PM				
7:30 PM				
8:00 PM				
8:30 PM				
9:00 PM				

Friday				
Main Gym	Aux Gym	Fitness Floor	Studio	Pool
6:00 AM				Pool Closed
6:30 AM				Pool Closed
7:00 AM				Pool Closed
7:30 AM				Pool Closed
8:00 AM	Open Gym 6:00 - 11:00	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Open Gym 6:00 - 8:30	Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
1:30 PM				
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM				Pool Closed
6:30 PM				
7:00 PM				
7:30 PM				
8:00 PM				
8:30 PM				
9:00 PM				

Saturday				
Main Gym	Aux Gym	Fitness Floor	Studio	Pool
8:00 AM				Pool Closed
8:30 AM				Pool Closed
9:00 AM				Pool Closed
9:30 AM	Open Gym 8:00 - 11:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM				
1:30 PM				
2:00 PM				
2:30 PM	Open Gym 2:00 - 4:00	Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
3:00 PM				
3:30 PM				
4:00 PM				

Sunday				
Main Gym	Aux Gym	Fitness Floor	Studio	Pool
8:00 AM				Pool Closed
8:30 AM				Pool Closed
9:00 AM				Pool Closed
9:30 AM	Open Gym 8:00 - 11:30	Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM				
1:30 PM				
2:00 PM				
2:30 PM	Open Gym 2:00 - 4:00	Queenex 12:15 - 1:00		Lane Swim - Check portal to book time
3:00 PM				
3:30 PM				
4:00 PM				