



HAMILTON DOWNTOWN FAMILY YMCA - Schedule At A Glance

July 3 - September 4, 2022

Monday						
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool	
6:00 AM					Pool Closed	
6:30 AM						
7:00 AM						
7:30 AM			Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time	
8:00 AM	Open Gym 6:00 - 11:00					
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						Aqua Fit 10:00 - 10:45
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM				Queenex 12:15 - 1:00		
12:30 PM						
1:00 PM		Open Gym 6:00 - 8:30			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	Open Gym 1:30 - 8:30					
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						Pool Closed 7pm

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

Wednesday						
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool	
6:00 AM					Pool Closed	
6:30 AM						
7:00 AM						
7:30 AM			Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time	
8:00 AM	Open Gym 6:00 - 11:00					
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						Hydrotherapy 10:00 - 10:45
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM			Open Gym 6:00 - 8:30			Lane Swim - Check portal to book time
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Open Gym 1:30 - 8:30					
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						Pool Closed 7pm

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

Friday						
	Main Gym	Aux Gym	Fitness Floor	Studio	Pool	
6:00 AM					Pool Closed	
6:30 AM						
7:00 AM						
7:30 AM			Daily YThrive Appointments Available - Speak to a Membership Associate to Register		Lane Swim - Check portal to book time	
8:00 AM	Open Gym 6:00 - 11:00					
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						Aqua Fit 10:00 - 10:45
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM			Open Gym 6:00 - 5:30			Lane Swim - Check portal to book time
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Open Gym 1:30 - 8:30					
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						Pool Closed 7pm

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

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