

LAURIER BRANTFORD YMCA - Schedule At A Glance

September 5, 2022 to September 11, 2022

Monday September 5, 2022* Labour Day						
Time	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Gym 8:00-3:45					
12:30 PM						
1:00 PM						
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						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

Tuesday September 6, 2022						
Time	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM				MuscleFit (Studio B) 9:15-10:00		
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM				Healthy Hearts* (Studio A) 12:30-2:00		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Open Gym 6:30-10:45					
4:00 PM						
4:30 PM						
5:00 PM				Zumba (Studio A) 5:15-6:00		
5:30 PM						
6:00 PM				BodyFit (Studio B) 6:15-7:00		
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

Wednesday September 7, 2022						
Time	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM				BodyFit (Studio B) 6:15-7:00		
7:00 AM						
7:30 AM						
8:00 AM						
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						
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						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

Thursday September 8, 2022						
Time	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
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						
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						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

Friday September 9, 2022						
Time	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
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						
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						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

Saturday September 10, 2022						
Time	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
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						
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						

Sunday September 11, 2022						
Time	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
8:00 AM						
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						
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						

Hours of Operation
 Monday to Thursday 5:30am to 11:00pm
 Friday 5:30am to 9:00pm
 Saturday and Sunday 8:00am- 6:00pm