

Laurier Brantford YMCA - Schedule At A Glance

September 12, 2022* to December 23, 2022

*updated September 22, 2022

| | Monday | | | | | |
|----------|---|------------|---------------|-----------------------------|-----------------------|--------------|
| | 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 | | | | HIT (Studio B) 6:15 - 7:00 | Lane Swim 6:00 - 8:45 | |
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| 10:00 AM | | | | | | |
| 10:30 AM | | | | Yoga (Studio A) 10:30-11:30 | | |
| 11:00 AM | | | | | | |
| 11:30 AM | Open Gym 6:30 - 4:15 | | | | | |
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| 5:00 PM | Soccer- Fundamentals 3-5yrs* 4:30-5:15 | | | | | |
| 5:30 PM | Soccer- Fundamentals 6-12yrs* 5:30-6:30 | | | | | |
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| | Tuesday | | | | | |
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| | Single Gym | Double Gym | Child & Youth | Studio (A,B,C) | Lap Pool | Leisure Pool |
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| 11:30 AM | Open Gym 6:30 - 3:45 | | | | | |
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| | Wednesday | | | | | |
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| | Thursday | | | | | |
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| | Friday | | | | | |
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| | Single Gym | Double Gym | Child & Youth | Studio (A, B, C) | Lap Pool | Leisure Pool |
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| | Saturday | | | | | |
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| | Single Gym | Double Gym | Child & Youth | Studio (A, B, C) | Lap Pool | Leisure Pool |
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| | Sunday | | | | | |
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| | Single Gym | Double Gym | Child & Youth | Studio (A, B, C) | Lap Pool | Leisure Pool |
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Hours of Operation
 Monday to Thursday 5:30am to 11:00pm
 Friday 5:30am to 9:00pm
 Saturday and Sunday 8:00am- 6:00pm