

Schedule at a Glance - Hamilton Downtown Family YMCA

March 30, 2026 - April 6, 2026

Monday March 30: 6:00am - 9:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available			
7:00 AM						
8:00 AM						
9:00 AM						
9:30 AM					Yoga 9:00am - 9:50am	
10:00 AM				YMCA Childcare 10:00am - 11:00am		
10:30 AM						
11:00 AM				Open Gym 11:00am - 3:00pm		
11:30 AM		Pickleball 11:30am - 1:00pm				
12:00 PM						Queenex 12:15pm - 1:00pm
12:30 PM						
1:00 PM			Equipment available at Membership Desk			
1:30 PM						
2:00 PM						
3:00 PM						
4:00 PM		Badminton 3:00pm - 6:00pm				
4:30 PM						
5:00 PM						
5:30 PM	Open Gym 1:15 - 9:30				Cycle Fit 5:15pm - 6:00pm	
6:00 PM						
6:30 PM					Pilates 6:15pm - 7:00pm	
7:00 PM						
7:30 PM				Zumba 7:15pm - 8:15pm		
8:00 PM						
8:30 PM						
9:00 PM						

Tuesday March 31 6:00am - 9:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am - 9:30pm	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available			
7:00 AM						
8:00 AM						
9:00 AM						
9:30 AM						
10:00 AM				YMCA Childcare 10:00am - 11:00am		
10:30 AM						Gentle Fit 10:00am - 10:45am
11:00 AM				Open Gym 11:00am - 7:00pm		
11:30 AM						
12:00 PM						HIT 12:15pm - 1:00pm
12:30 PM						
1:00 PM			Equipment available at Membership Desk			
2:00 PM						
3:00 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM					Yoga 5:30pm - 6:30pm	
6:00 PM						
6:30 PM					Strength And Conditioning 6:45pm - 7:30pm	
7:00 PM		Volleyball 7:00pm - 9:30pm				
7:30 PM						
8:00 PM				Zumba 7:45pm - 8:45pm		
8:30 PM						
9:00 PM						

Wednesday April 1 6:00am - 9:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am - 11:30am	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available			
7:00 AM						
8:00 AM						
9:00 AM					Pilates 9:00am - 9:50am	
9:30 AM						
10:00 AM				YMCA Childcare 10:00am - 11:00am		
11:00 AM				Open Gym 11:00am - 3:00pm		
11:30 AM		Pickleball 11:30am - 1:00pm				
12:00 PM						Express Core 12:15pm - 12:45pm
12:30 PM						
1:00 PM			Equipment available at Membership Desk			
2:00 PM						
3:00 PM		Badminton 3:00pm - 6:00pm				
4:00 PM						
5:00 PM						
5:30 PM					Pilates 5:30pm - 6:15pm	
6:00 PM	Open Gym 11:30am - 9:30pm					
6:30 PM					VIPR Pro 6:30pm - 7:15pm	
7:00 PM				Open Gym 6:00pm - 9:30pm		
7:30 PM					Zumba 7:30pm - 8:15	
8:00 PM						
8:30 PM						
9:00 PM						

Thursday April 2 6:00am - 9:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am - 7:00pm	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available			
7:00 AM						
8:00 AM						
9:00 AM						
9:30 AM						
10:00 AM				YMCA Childcare 10:00am - 11:00am		
10:30 AM						Gentle Fit 10:00am - 10:45am
11:00 AM				Open Gym 11:00am - 4:00pm		
11:30 AM						
12:00 PM						Express Circuit 12:15 Ppm - 1:00pm
12:30 PM						
1:00 PM			Equipment available at Membership Desk			
1:30 PM						
2:00 PM						
3:00 PM						
3:30 PM						
4:00 PM		Volleyball 4:00pm - 6:00pm				
4:30 PM						
5:00 PM					Cycle Fit 4:30pm - 5:15pm	
5:15 PM						
5:30 PM					Pilates 5:30pm - 6:15pm	
6:00 PM		Open Gym 6:00pm - 9:30pm				
6:15 PM						
6:45 PM				Strength and Conditioning 6:45pm - 7:45pm		
7:30 PM	Soccer 7:00am - 9:30pm					
8:00 PM						
8:30 PM						
9:00 PM						

Friday April 3 (Good Friday) 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 4:00pm	Open Gym 8:00am - 4:00pm	Squash, Racquetball, Handball, Table Tennis Courts Available		
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					

Saturday April 4 8:00am - 4:00pm							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
8:00 AM	Open Gym 8:00am - 4:00pm	Open Gym 8:00am - 4:00pm	Squash, Racquetball, Handball, Table Tennis Courts Available				
9:00 AM							
9:30 AM						Barre 9:30am - 10:15am	
10:00 AM							
10:15 AM							
10:30 AM						Zumba 10:30am - 11:30am	
11:00 AM							
11:30 AM							
11:45 AM							Strength And Conditioning 11:45 PM - 12:45 PM
12:00 PM							
12:45 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							

Sunday April 5 (Easter) 8:00am - 2:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 4:00pm	Open Gym 8:00am - 4:00pm	Squash, Racquetball, Handball, Table Tennis Courts Available		
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					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					



■ Drop In Rec Sports
 ■ Drop in Gym / Swim
 ■ Drop In Group Fitness
 ■ Registered Programs