



Sir Allan MacNab

145 Magnolia Drive | 905-546-3747

Gym Schedule Spring 2026

April 7 – June 28, 2026

For the most current schedule information:

www.hamilton.ca/gym

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Badminton (17 and under with adult) 6:15 pm – 7:30 pm	Cardio Balance and Strength 9:15 am – 10:15 am Admission \$3.18	Badminton (17 and under with adult) 6:15 pm – 9:00 pm	Cardio Balance and Strength 9:30 am – 10:30 am Admission \$3.18	Open Gym (9-12) 6:15 pm – 7:30 pm	--	--
2	Badminton 16+ 7:30 pm – 9:00 pm	Chair Fit 10:30 am – 11:30 am Admission \$3.18	Badminton (13-17) 7:30 pm – 9:00 pm	Chair Fit 10:45 am – 11:45 am Admission \$3.18	Open Gym (13-17) 7:30 pm – 9:00 pm	--	--
3	--	Open Gym (17 and under with adult) 6:15 pm – 7:30 pm FREE	Badminton 16+ 7:30 pm – 9:00 pm	Open Gym (9-12) 6:15 pm – 7:30 pm	--	--	--
4	--	Basketball 18+	--	Open Gym (13-17)	--	--	--

Day/ Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:30 pm – 9:00 pm		7:45 pm – 9:00 pm			

Notes:

- Centre will be Closed Monday May 18, 2026 for Victoria Day.
- All programs end June 19, 2026 with the exception of the drop in fitness classes.
- Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.