## Lake Anna YMCA Gym Schedule

11.1.25-12.20.25

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 AM 1:00 AM 2:00 AM 3:00 AM 4:00 AM 5:00 AM		Open Gym 12:00-8:00am	Open Gym 12:00-9:45am	Open Gym 12:00-8:00am	Open Gym 12:00-9:45am	Open Gym 12:00-8:00am	Open Gym 12:00-7:00am
7:00 AM 8:00 AM 8:30 AM 9:00 AM		Group Ex 8:00-9:15am		Group Ex 8:00-12:00pm		Group Ex 8:00-9:15am	Pickleball 7:00-8:30am (WHOLE GYM)  YMCA Programming 9:00am- 12:00pm
9:30 AM 10:00 AM 10:30 AM 11:00 AM		Pickleball 9:15-12:00pm (WHOLE GYM)	Group Ex 9:45-12:00pm		Group Ex 9:45-12:00pm	Pickleball 9:15-12:00pm (WHOLE GYM)	
12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM	Open Gym All Day	Open Gym 12:00pm- 4:30pm	Open Gym 12:00pm- 2:00pm	Pickleball 12:00-3:00pm (Back Half)  Open Gym 3:00pm- 6:00pm  Pickleball League 6:00-9:00pm (WHOLE GYM)  Open Gym 9:00- 12:00am	Open Gym 12:00pm- 6:00pm  Pickleball League 6:00-9:00pm (WHOLE GYM)  Open Gym 9:00- 12:00am	Open Gym 12:00pm- 12:00am	Open Gym 12:00pm- 12:00am
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM			YMCA Programming 2:00-4:00pm				
5:00 PM 5:30 PM 6:00 PM		YMCA Programming 5:00-7:00pm	YMCA Programming 5:00-7:00pm				
6:30 PM 7:00 PM 7:30 PM							
8:00 PM 8:30 PM 9:00 PM 10:00 PM		Open Gym 7:00- 12:00am	Open Gym 7:00- 12:00am				
11:00 PM 12:00 AM							

<sup>\*</sup> Gym Schedule is subject to change. Call ahead for latest updates.

<sup>\*</sup> This schedule represents our 24/7 hours. 24/7 access is for members 18+ only.

<sup>\*</sup> All members must still exit gym 15 minutes before business hour closing.