

Lake Anna YMCA Gym Schedule

1.4.26-2.14.26

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 AM	Open Gym All Day	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
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM		Group Ex 8:00-9:15am	Group Ex 8:00-12:00pm	Group Ex 9:45-12:00pm	Group Ex 12:00-3:00pm (Back Half)	Group Ex 8:00-9:15am	Pickleball 7:00-8:30am (WHOLE GYM)
8:00 AM							
8:30 AM							
9:00 AM		Pickleball 9:15-12:00pm (WHOLE GYM)	Group Ex 9:45-12:00pm	Group Ex 8:00-12:00pm	Group Ex 9:45-12:00pm	Pickleball 9:15-12:00pm (WHOLE GYM)	YMCA Programming 9:00am- 12:00pm
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Open Gym 12:00pm- 4:30pm	Open Gym 12:00pm- 2:00pm	Open Gym 12:00pm- 2:00pm	Pickleball 12:00-3:00pm (Back Half)	Open Gym 12:00pm- 6:00pm	Open Gym 12:00pm- 12:00am
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM		YMCA Programming 2:00-4:00pm	YMCA Programming 2:00-4:00pm	Open Gym 3:00pm- 4:00pm	Open Gym 12:00pm- 6:00pm	Open Gym 12:00pm- 12:00am	
4:00 PM							
4:30 PM	YMCA Programming 5:00-7:00pm	YMCA Programming 5:00-7:00pm	YMCA Programming 4:30-5:30pm	Open Gym 12:00pm- 6:00pm	Open Gym 12:00pm- 12:00am		
5:00 PM							
5:30 PM							
6:00 PM	Open Gym 7:00-12:00am	Open Gym 7:00-12:00am	Men's 40+ Basketball League 6:00- 10:00pm	Pickleball League 6:00-9:00pm (WHOLE GYM)	Open Gym 12:00pm- 12:00am	Open Gym 12:00pm- 12:00am	
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	Open Gym 10:00-12:00am	Open Gym 9:00-12:00am	Open Gym 12:00pm- 12:00am	Open Gym 12:00pm- 12:00am	
11:00 PM							
12:00 AM							

* Gym Schedule is subject to change. Call ahead for latest updates.

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

* All members must still exit gym 15 minutes before business hour closing.