

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					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	Group Ex 8:00-9:15am	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	Pickleball 12:00-3:00pm (Back Half)	Open Gym 12:00pm-6:00pm	Open Gym 12:00pm-12:00am	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											
4:00 PM											
4:30 PM											
5:00 PM		YMCA Programming 5:00-7:00pm	YMCA Programming 5:00-7:00pm	YMCA Programming 4:30-5:30pm	Men's 40+ Basketball League 6:00-10:00pm	Pickleball League 6:00-9:00pm (WHOLE GYM)	Open Gym 12:00pm-12:00am				
5:30 PM											
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											
8:00 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 9:00-12:00am	Open Gym 12:00pm-12:00am				
8:30 PM											
9:00 PM											
10:00 PM											
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.