

Lake Anna YMCA Gym Schedule

2/25/24-4/13/24

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