

Lake Anna YMCA Gym Schedule

7.21.25-8.23.25

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 9:45-11:00am	Group Ex 8:00-12:00pm	Group Ex 9:45-11:00am	Group Ex 8:00-9:15am	Pickleball 7:00-8:30am (WHOLE GYM)					
8:00 AM												
8:30 AM												
9:00 AM												
9:30 AM		Pickleball 9:15-12:00pm (WHOLE GYM)			Pickleball 9:15-12:00pm (WHOLE GYM)							
10:00 AM												
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM		Open Gym 12:00pm-12:00am	Open Gym 11:00pm-12:00am	Pickleball 12:00-3:00pm (Back Half)		Open Gym 12:00pm-12:00am						
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM				Open Gym 11:00am-12:00am								
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM												
6:00 PM								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												
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.

*Lake Anna YMCA Day Camp takes precedent over all open gym times.