

Lake Anna YMCA Gym Schedule

Updated 6/1/2024

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

*Summer Day Camp may take 1/2 the gym during any weekday open gym time.

* 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.