

# Lake Anna YMCA Gym Schedule

## 4/14/24-6/1/24

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

\* 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.