

# Lake Anna YMCA Gym Schedule

## 2.14.26-4.11.26

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