

Lake Anna YMCA Gym Schedule

9.14.26-10.24.26

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 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)	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)	Open Gym 8:30am-12:00am
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
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.