Lake Anna YMCA Gym Schedule

Updated as of 4/25/2021

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Open Gym 5:30-8:00am	Open Gym 5:30-8:45am	Open Gym 5:30-8:00am	Open Gym 5:30-8:45am	Open Gym 5:30-8:00am	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							Pickleball 8:00-10:00am
8:30 AM							
9:00 AM						Pickleball 9:15-12:00pm	
9:30 AM		Open Gym 9:15-10:30am					
10:00 AM							Open Gym 10:00-1:30pm
10:30 AM		Pickleball 10:30-1:00pm					
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 12:00-2:30pm		Open Gym 12:00-4:30pm	Pickleball 12:00-3:00pm back half only	Open Gym 12:00-4:00pm	Open Gym 12:00-7:30pm	
12:30 PM							
1:00 PM		Open Gym 1:00-6:00pm					
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM				Open Gym 12:00-6:00pm	Volleyball Clinic 4:00-6:00pm Gymnastics 5:30-7:30pm		
4:30 PM							
5:00 PM			Youth Basketball Clinic 5:00-7:00pm				
5:30 PM							
6:00 PM		Youth Golf 6:00-7:30pm		Zumba 6:00-7:00pm			
6:30 PM							
7:00 PM			Open Gym 7:00-8:30pm	40+ BBall 7:00-8:30pm			
7:30 PM		Open Gym 7:30-8:30pm			Open Gym 7:30-8:30pm		
8:00 PM							
8:30 PM							

*Masks must be worn at ALL times unless actively playing basketball or exercising

*Limited to 10 persons per half court

*Social Distancing MUST be observed when not actively playing

* Gym Schedule is subject to change. Call ahead for latest updates.