

Lake Anna YMCA Gym Schedule

Updated as of 8/2/21

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

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