

# Lake Anna YMCA Gym Schedule

## Updated as of 9/7/21

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		Group Ex 8:00-9:15am	Pickleball 8:00-10:00am (WHOLE GYM)					
7:30 AM								
8:00 AM								
8:30 AM		Pickleball 9:15-12:00pm (WHOLE GYM)	Group Ex 8:45-12:00pm	Group Ex 8:00-12:00pm	Group Ex 9:45-12:00pm	Pickleball 9:15-12:00pm (WHOLE GYM)		
9:00 AM								
9:30 AM								
10:00 AM		Open Gym 12:00-2:30pm	Open Gym 12:00-6:00pm	Open Gym 12:00-4:45pm	Pickleball 12:00-3:00pm (BACK HALF)	Open Gym 12:00 - 8:30pm		Open Gym 12:00-7:30pm
10:30 AM								
11:00 AM								
11:30 AM	Open Gym 10:00-2:30pm							
12:00 PM								
12:30 PM								
1:00 PM			Open Gym 12:00-6:00pm	YMCA Basketball Clinic 4:45- 7:00pm	Open Gym 3:00- 6:00pm	Open Gym 12:00 - 8:30pm	Open Gym 12:00-7:30pm	
1:30 PM								
2:00 PM								
2:30 PM			Group Ex 6:00-7:30pm	Open Gym 7:00- 8:30pm	Group Ex 6:00-7:30pm	Open Gym 7:30- 8:30pm		
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.