

Lake Anna YMCA Gym Schedule

08/29/22-10/09/22

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
12:00 AM	Open Gym All Day						Open Gym 12:00-7:00am	
1:00 AM			Open Gym 12:00-8:00am		Open Gym 12:00-8:00am		Open Gym 12:00-8:00am	
2:00 AM								
3:00 AM								
4:00 AM								
5:00 AM				Open Gym 12:00-9:45am		Open Gym 12:00-9:45am		Pickleball 7:00-8:30am (WHOLE GYM)
6:00 AM								
7:00 AM			Group Ex 8:00-9:15am				Group Ex 8:00-9:15am	
8:00 AM								
8:30 AM								
9:00 AM					Group Ex 8:00-12:00pm			
9:30 AM								
10:00 AM			Pickleball 9:15-12:00pm (WHOLE GYM)					
10:30 AM				Group Ex 9:45-12:00pm		Group Ex 9:45-12:00pm	Pickleball 9:15-12:00pm (WHOLE GYM)	
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM					Pickleball 12:00-3:00pm (BACK HALF)			
1:30 PM			Open Gym 12:00-4:30pm					
2:00 PM				Open Gym 12:00-4:30pm				
2:30 PM								
3:00 PM					Open Gym 12:00-4:00pm (Front Half)			
3:30 PM								
4:00 PM					Open Gym 12:00-9:00pm		Open Gym 9:00am- 12:00am	
4:30 PM								
5:00 PM		Youth Basketball Clinic 4:30-6:30pm		Youth Volleyball Clinic 4:30-5:30pm		Open Gym 12:00- 12:00am		
5:30 PM			Youth Basketball Clinic 4:30-7:00pm					
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM		Open Gym 6:30-8:30pm						
8:00 PM				Open Gym 5:30- 12:00am				
8:30 PM			Open Gym 7:30pm- 12:00am					
9:00 PM		Pickleball 9:00-11:00pm (WHOLE GYM)			Pickleball 9:00-11:00pm (WHOLE GYM)			
10:00 PM								
11:00 PM		Open Gym 11:00pm- 12:00am			Open Gym 11:00pm- 12:00am			
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