

Lake Anna YMCA Gym Schedule

1/2/23-2/18/23

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 7:00-8:00am (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					Group Ex 8:00-12:00pm			
9:00 AM								
9:30 AM								
10:00 AM			Pickleball 9:15-12:00pm (WHOLE GYM)	Group Ex 9:45-12:00pm		Group Ex 9:45-12:00pm	Pickleball 9:15-12:00pm (WHOLE GYM)	Youth Basketball League 8:00am- 12:30pm
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM					Pickleball 12:00-3:00pm (BACK HALF)	Open Gym 12:00-4:00pm		
1:30 PM			Open Gym 12:00-4:30pm	Open Gym 12:00-4:30pm				
2:00 PM								
2:30 PM								
3:00 PM					Open Gym 12:00-5:00pm (Front Half)			
3:30 PM								
4:00 PM								
4:30 PM					YMCA Youth Programming 4:00-6:00pm			
5:00 PM		Youth Basketball League 4:30-6:30pm	Youth Basketball League 4:30-7:30pm			Open Gym 12:00pm- 12:00am		
5:30 PM							Open Gym 12:30pm- 12:00am	
6:00 PM				Men's 40+ Basketball League 5:00-9:00pm				
6:30 PM								
7:00 PM					Open Gym 6:00- 9:00pm			
7:30 PM								
8:00 PM			Open Gym 7:30- 9:00pm					
8:30 PM		Open Gym 6:30-12:00am						
9:00 PM			Pickleball 9:00-11:00pm (WHOLE GYM)	Open Gym 9:00- 12:00am	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.