

Lake Anna YMCA Gym Schedule

10/22/23-12/16/23

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 7:00-8:30am (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					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)	YMCA Programming 9:00-12:00pm	
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)				
1:30 PM									
2:00 PM			Open Gym 12:00-4:30pm	Open Gym 12:00-4:30pm		Open Gym 12:00-5:30pm			
2:30 PM									
3:00 PM					Open Gym 12:00-5:00pm (Front Half) Open Volleyball 4:00-5:00pm (Back Half)				
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM						Open Gym 12:00pm- 12:00am	Open Gym 12:30pm- 12:00am		
5:30 PM		YMCA Youth Basketball 5:00- 7:30pm	YMCA Youth Basketball 5:00- 7:30pm	YMCA Programming 5:00-6:00pm					
6:00 PM									
6:30 PM						Pickleball League 5:30-8:00pm			
7:00 PM									
7:30 PM									
8:00 PM			Open Gym 7:30pm- 9:00pm	Open Gym 6:00- 9:00pm					
8:30 PM									
9:00 PM		Open Gym 7:00-12:00am	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 9:00- 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.