

Lake Anna YMCA Gym Schedule

7.9.24-7.21.24

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 AM	Open Gym All Day						Open Gym 12:00-7:00am
1:00 AM							
2:00 AM							
3:00 AM			Open Gym 12:00-8:00am		Open Gym 12:00-8:00am		Open Gym 12:00-8:00am
4:00 AM							
5:00 AM				Open Gym 12:00-9:45am		Open Gym 12:00-9:45am	
6:00 AM							
7:00 AM							Pickleball 7:00-8:30am (WHOLE GYM)
8:00 AM			Group Ex 8:00-9:15am				Group Ex 8:00-9:15am
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM			Pickleball 9:15-12:00pm (WHOLE GYM)		Group Ex 8:00-12:00pm		Pickleball 9:15-12:00pm (WHOLE GYM)
10:30 AM				Group Ex 9:45-12:00pm		Group Ex 9:45-12:00pm	
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM			YMCA Programming 12:00-3:00pm	YMCA Programming 12:00-3:00pm	YMCA Programming 12:00-3:00pm	YMCA Programming 12:00-3:00pm	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM					Open Gym 3:00-4:30pm		Open Gym 8:30am-12:00am
4:00 PM							
4:30 PM				YMCA Youth Programming 4:30-6:00pm			
5:00 PM						Open Gym 12:00pm-12:00am	
5:30 PM							
6:00 PM							
6:30 PM		Open Gym 3:00pm-12:00am	Open Gym 3:00pm-12:00am		Open Gym 3:00pm-12:00am		
7:00 PM							
7:30 PM							
8:00 PM				Open Gym 6:00pm-12:00am			
8:30 PM							
9:00 PM							
10:00 PM							
11:00 PM							
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.
- *Lake Anna YMCA Day Camp takes precedent over all open gym times.