



Gym Schedule

September 25-October 1, 2022

CADILLAC AREA YMCA

The YMCA reserves the right to revise the schedule as needed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Drop-in Basketball 6:00-7:30 am		Adult Drop-in Basketball 6:00-7:30 am		Adult Drop-in Basketball 6:00-7:30 am	
	Pickleball Drop In 9:00am-12:00pm	Senior Fit 9:00 am-3:00 pm	Pickleball Drop In 9:00am-12:00pm	Senior Fit 9:00 am-3:00 pm	Pickleball Drop In 9:00am-12:00pm	
					Cycle 45 12:00-1:00 pm	
Dance Crew South half 3:00-4:00	Gymnastics 3:45-9:00pm		Cardio Drumming 5:00-6:30 pm			
				Adult Drop-in Volleyball 7:30 - 9:00 pm	Teen Night 7:00 pm - 9:00 pm	