

the
Gym Schedule

**September 28–October 4,
2025**

CADILLAC AREA YMCA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball 10:00 - 12:00	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	
	Gymnastics 3:45-9:00pm	Akido 4:30-7:30 pm	Cardio Drumming 5:15-6:30 pm			
			Pickleball 7:00 - 8:30 pm	Adult Drop-in Volleyball 7:30 - 9:00 pm		