



**January 18-24, 2026**

# **Gym Schedule**

**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 10:00 - 12:00	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	Cardio Drumming 8:45-10:00 Rookies Basketball 10:45a - 12:15p Teen Drop in Basketball 2:00-3:00pm
	Gymnastics 3:45-9:00pm	Akido 4:30-7:30 pm	Cardio Drumming 5:15-6:30 pm		Pickleball 7:00 - 8:30 pm	