



Gym Schedule

January 18-24, 2026

CADILLAC AREA YMCA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Pickleball</div> <div>10:00 - 12:00</div>	Adult Drop-in Basketball 6:00-7:30 am	Senior Fit 9:00 am-3:00 pm	Adult Drop-in Basketball 6:00-7:30 am	Senior Fit 9:00 am-3:00 pm	Adult Drop-in Basketball 6:00-7:30 am	Cardio Drumming 8:45-10:00
	Pickleball Drop In 9:00am-12:00pm		Pickleball Drop In 9:00am-12:00pm		Pickleball Drop In 9:00am-12:00pm	
						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			