



**February 1-7, 2026**

# **Gym Schedule**

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