



# Gym Schedule

## February 8-14, 2026

CADILLAC AREA YMCA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Pick- leball</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	<div>Women on Weights 9:00- 10:00a</div> <div>Rookies Basket- ball  10:45a - 12:15p</div> <div>Teen Drop in Basket- ball 2:00- 3:00pm</div>
	Pickleball Drop In  9:00am- 12:00pm		Pickleball Drop In  9:00am- 12:00pm		Pickleball Drop In  9:00am- 12:00pm	
	Gymnastics  3:45- 9:00pm		Cardio Drum- ming  5:15- 6:30 pm			
			Pickleball  7:00 - 8:30 pm			