



# Gym Schedule

## May 31-June 6, 2026

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	
Adult Pickleball 10:00 - 12:00	Adult Pickleball Drop In 9:00am-12:00pm	Senior Fit 9:00 am-3:00 pm	Adult Pickleball Drop In 9:00am-12:00pm	Senior Fit 9:00 am-3:00 pm	Adult Pickleball Drop In 9:00am-12:00pm	Cardio Drumming 9-10am
			Cardio Drumming 5:15-6:30 pm		Women on Weight 5:30-6:30p	Teen Drop in Basketball 2:00-3:00pm
			Adult Pickleball 7:00 - 8:30 pm	Adult Open Volleyball 7:30-9pm		