



Gym Schedule

July 19-25, 2026

CADILLAC AREA YMCA

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pick- leball 10:00 - 12:00	Adult Drop-in Basketball 6:00-7:30 am	Senior Fit	Adult Drop-in Basketball 6:00-7:30 am	Senior Fit	Adult Drop-in Basketball 6:00-7:30 am	Teen Drop in Basket- ball 2:00- 3:00pm
	Adult Pickleball Drop In 8:30-11:30am		Adult Pickleball Drop In 8:30-11:30am		Adult Pickleball Drop In 8:30-11:30am	
		9:00 am- 3:00 pm		9:00 am- 3:00 pm		
	Gymnastics 3:45- 9:00pm		Cardio Drum- ming 5:15- 6:30 pm			
			Adult Pickleball 7:00 - 8:30 pm	Adult Open Volley- ball 7:30- 9pm		