

the
Gym Schedule

September 20-26, 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 5:30-7:00 am		Adult Drop-in Basketball 5:30-7:00 am		Adult Drop-in Basketball 5:30-7:00 am	
	Adult Pickleball Drop In 8:30-11:30am	Senior Fit 9:00 am- 3:00 pm	Adult Pickleball Drop In 8:30-11:30am	Sen- ior Fit 9:00 am- 3:00 pm	Adult Pickleball Drop In 8:30-11:30am	
						Teen Drop in Basket- ball 2:00- 3:00pm
	Gymnastics 3:45- 9:00pm		Cardio Drum- ming 5:15- 6:30 pm	Adult Open Volley- ball 7:30- 9pm		
			Adult Pickleball 7:00 - 8:30 pm			