

Gym Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:15am Strength	5:00am-9:30am Open Gym	5:30am-6:15am Strength	5:00am-8:15am Open Gym	5:30am-6:15am Strength	6:30am-8:00am Open Gym	6:30am-8:45am Open Gym
6:30am-8:15am Open Gym	9:40am-10:25am Strength	6:30am-7:00am Interval EXPRESS	8:30am-9:25am Cardio Circuit	6:30am-8:15am Open Gym	8:05am-8:50am Step	9:00am-9:55am Zumba®
8:30am-9:25am Zumba®	10:30am-11:45am Open Gym	7:15am-8:15am Open Gym	9:40am-10:35am Strength	8:30am-9:15am Strength	9:00am-9:55am Zumba®	10:00am-10:45am Core
9:35am-10:20am Interval	12:00pm-12:55pm Interval	8:30am-9:15am Strength	10:45am-11:15am Open Gym	9:40am-10:35am Groove	10:00am-10:55am Strength	11:00am-7:00pm Open Gym
10:20am-10:35am Core	1:00pm-4:45pm Open Gym	9:40am-10:35am Zumba®	11:30am-11:55am Kids' Clubhouse	10:45am-11:30am Strength LITE	11:00am-12:00pm Kids' Clubhouse	
11:45am-12:45pm Kids' Clubhouse	5:00pm-5:55pm Zumba®	10:45am-11:30am Strength LITE	12:00pm-12:55pm Interval	11:30am-12:00pm Kids' Clubhouse	1/26 12:00pm-1:00pm YES Workshop	
10:45am-11:30am Strength LITE	6:05pm-7:00pm Strength	11:35am-1:00pm Open Pickleball	1:00pm-4:45pm Open Gym	12:00pm-1:30pm Open Basketball	2/23 12:00pm-1:00pm YES Workshop	
11:35am-1:00pm Open Pickleball	8:30pm-9:15pm Cardio Kickboxing	1:15pm-3:45pm Open Gym	5:00pm-5:55pm Zumba®	1:45pm-9:00pm Open Gym	12:15pm-7:00pm Open Gym	
1:00pm-4:45pm Open Gym	9:30pm-10:00pm Open Gym	4:00pm-5:55pm Open Basketball	6:05pm-6:30pm Blast EXPRESS			
5:00pm-5:55pm Boot Camp		6:00pm-6:55pm Lose It	6:35pm-7:00pm Guns EXPRESS			
6:05pm-7:00pm Cardio Circuit		7:10pm-7:55pm Strength	7:00pm-10:00pm 3-on-3 Basketball League			
7:10pm-8:05pm Strength		8:00pm-10:00pm Open Gym				
8:15pm-10:00pm Open Gym						

Open Court Sports
Complimentary Class
Advanced Class/Paid Program (\$) <small>Sign Up at Front Desk.</small>
Reserved for Kids' Clubhouse
Workshop (\$) <small>Sign Up at Front Desk.</small>

The gym is available to members for open use unless scheduled for classes, events or other activities. Please allow 5 to 10 minutes before and after scheduled listings for set up and clean up. Schedule subject to change. For live schedule updates, check schedule.thewac.com.