

WAC MENOMONEE FALLS  
**GYM/COURT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-8:45am Open Gym	4:00am-7:45am Open Gym	4:00am-5:00am Open Gym	4:00am-5:30am Open Gym	4:00am-7:45am Open Gym	6:30am-7:45am Open Gym	6:30am-9:15am Open Gym
9:00am-9:55am Interval	8:00am-8:55am Women on Weights	5:25am-6:20am Women on Weights	5:45am-6:40am Interval	6:00am-7:00am Race Day Ready (\$)	7:45am-9:00am Area Reserved	9:30am-10:25am Zumba®
10:30am-11:25am Strength LITE	9:00am-10:00am Area Reserved	6:35am-7:30am Women on Weights	7:00am-8:00am Open Gym	8:00am-8:55am Interval	9:30am-10:25am Cardio Kickboxing	10:30am-2:00pm Family Open Gym
11:30am-12:15pm Stretch	10:10am-11:00am Strength	8:00am-8:45am Interval	8:00am-8:45am Boot Camp	9:00am-9:30am Open Gym	10:35am-11:30am Zumba®	2:00pm-5:30pm Adult Open Gym
12:15pm-3:45pm Social Pickleball	11:10am-12:00pm Open Gym	9:00am-9:55am Strength	9:00am-10:00am Women on Weights	9:40am-10:35am Balance & Stability	12:00pm-2:00pm Family Open Gym	5:30pm-6:00pm Closed for Cleaning
4:30pm-5:15pm Move It!	12:00pm-3:00pm Intermediate Pickleball	10:00am-2:00pm Advanced Pickleball	10:30am-11:25am Strength Lite	11:00am-12:00pm Open Gym	<div style="border: 1px solid black; padding: 5px;"> <b>3/18, 4/1</b>            1:00pm-2:00pm            Self-Defense            Workshop (\$)         </div>	
5:30pm-6:15pm Cardio Kickboxing	3:00pm-4:00pm Adult Open Gym	2:00pm-5:15pm Open Gym	11:30am-2:00pm Beginner+ Pickleball	12:00pm-3:00pm Advanced Pickleball		
6:30pm-8:00pm Pickleball Drill & Play (\$)	4:00pm-5:00pm Area Reserved	<div style="border: 1px solid black; padding: 5px;"> <b>3/8 5:15-8:30pm</b>            EmpowHer            Workshops (\$)         </div>		3:00pm-6:00pm Adult Open Gym	2:00pm-5:30pm Adult Open Gym	
8:30pm-9:00pm Closed for Cleaning	5:30pm-6:30pm HIIT Cardio meets HIIT and Lift			4:00pm-5:00pm Area Reserved	3:00pm-6:00pm Adult Open Gym	5:30pm-6:00pm Closed for Cleaning
	6:45pm-8:15pm Transform 10 (\$)	5:30pm-6:25pm Step	4:00pm-5:00pm Area Reserved	<div style="border: 1px solid black; padding: 5px;"> <b>4/14 5:45-6:45pm</b>            Fitball Fusion            Workshop (\$)         </div>		
	8:30pm-9:00pm Closed for Cleaning	6:30pm-8:30pm Beginner Pickleball	5:30pm-6:30pm HIIT Cardio meets HIIT and Lift			6:00pm-7:30pm Adult Open Volleyball
		8:30pm-9:00pm Closed for Cleaning	6:35pm-7:35pm Striking Fitness	7:30pm-8:00pm Closed for Cleaning		
			8:00pm-8:30pm Adult Open Basketball			
			8:30pm-9:00pm Closed for Cleaning			

Please allow 5 to 10 minutes before and after scheduled listings for set-up and clean-up.

Register for Premium Classes and Workshops at the Front Desk.

COMPLIMENTARY CLASS
PREMIUM CLASS Ⓢ
OPEN GYM
AREA RESERVED
WORKSHOP Ⓢ
CLOSED FOR CLEANING
PICKLEBALL
VOLLEYBALL
BASKETBALL