

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-7:00am Open Gym	6:30am-8:45am 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(\$)	7:00am-7:45am Boot Camp	9:00am-9:55am Zumba®
10:30am-11:25am Strength LITE	9:00am-10:00am Team Training	6:25am-7:30am Women on Weights(\$)	7:15am-7:45am Core Express	8:00am-8:55am Interval	7:45am-9:00am Team Training	10:00am-11:00am BODYCOMBAT
11:30am-12:30pm Kids' Clubhouse	10:10am-11:05am Strength	8:15am-8:45am Interval Express	8:00am-8:55am Strength	9:00am-9:30am Open Gym	9:00am-9:25am Kids' Clubhouse	11:00am-2:00pm Family Open Gym
12:30pm-3:45pm Social Pickleball	11:15am-12:00pm Kids' Clubhouse	9:00am-10:00am BODYCOMBAT	9:00am-9:55am Women on Weights(\$)	9:40am-10:35am Balance & Stability	9:30am-10:30am BODYCOMBAT	2:00pm-5:30pm Adult Open Gym
4:30pm-5:15pm Move It!	12:00pm-3:00pm Intermediate Pickleball	10:05am-10:35am Core Express	10:30am-11:25am Strength Lite	11:00am-12:00pm Social Pickleball	10:35am-11:30am Zumba®	5:30pm-6:00pm Closed for Cleaning
5:30pm-6:30pm BODYCOMBAT	3:00pm-4:00pm Adult Open Gym	10:45am-2:00pm Advanced Pickleball	12:00pm-2:00pm Beginner+ Pickleball	12:00pm-3:00pm Advanced Pickleball	12:00pm-2:00pm Family Open Gym	
6:45pm-8:00pm Pickleball Drill & Play Weekly Workshops (\$)	4:00pm-6:30pm Team Training	2:00pm-4:00pm Open Gym	2:00pm-3:30pm Beginner Pickleball Weekly Workshops (\$)	3:00pm-6:00pm Family Open Gym	2:00pm-5:30pm Adult Open Gym	
8:30pm-9:00pm Closed for Cleaning	6:40pm-7:35pm BODYCOMBAT	4:15pm-5:15pm BODYCOMBAT	4:00pm-6:30pm Team Training	6:00pm-7:30pm Adult Open Gym	5:30pm-6:00pm Closed for Cleaning	
	7:45pm-8:30pm Open Gym	5:20pm-6:15pm Step	6:35pm-7:35pm Striking Fitness(\$)	7:30pm-8:00pm Closed for Cleaning		
	8:30pm-9:00pm Closed for Cleaning	6:30pm-8:30pm Beginner Pickleball	8:00pm-8:30pm Adult Open Basketball			
		8:30pm-9:00pm Closed for Cleaning	8:30pm-9:00pm Closed for Cleaning			

WORKSHOPS

Three20
 Wednesday, January 17 • 6:45-7:55pm
 Wednesday, February 21 • 6:45-7:55pm

Fit Ball Fusion
 Friday, February 23 • 5:45-7:15pm

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	BASKETBALL
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