

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	7:45am-8:55am Women on Weights	5:25am-6:25am Women on Weights	5:45am-6:40am Interval	8:00am-8:55am Interval	7:45am-9:00am Area Reserved	9:30am-10:25am Zumba®
10:30am-11:25am Strength LITE	9:00am-10:00am Area Reserved	6:30am-7:25am Women on Weights	7:00am-8:45am Open Gym	9:00am-9:30am Open Gym	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	11/24 8:00am-9:00am Burn Before the Bird Workshop (\$)	9:40am-10:35am Balance & Stability	10:35am-11:30am Zumba®	12/11 10:30am-11:30am Sunday Funday Workshop (\$)
12:15pm-3:45pm Open Pickleball	11:10am-12:00pm Open Gym	9:00am-9:55am Strength	8:45am-10:00am Women on Weights	11:00am-12:00pm Open Gym	12:00pm-2:00pm Family Open Gym	2:00pm-5:30pm Adult Open Gym
4:00pm-5:25pm Area Reserved	12:00pm-3:00pm Competitive Pickleball	10:00am-2:00pm Competitive Pickleball	10:30am-11:25am Strength Lite	12:00pm-3:00pm Competitive Pickleball	2:00pm-5:30pm Adult Open Gym	2:00pm-5:30pm Adult Open Gym
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	3:00pm-6:00pm Adult Open Gym	5:30pm-6:00pm Closed for Cleaning	5:30pm-6:00pm Closed for Cleaning
6:30pm-7:30pm Family Open Gym	4:00pm-5:00pm Area Reserved	5:30pm-6:25pm Step	2:00pm-4:00pm Open Gym	6:00pm-7:30pm Adult Open Volleyball		
7:30pm-8:30pm Adult Open Gym	5:30pm-6:30pm HIIT Cardio meets HIIT and Lift	6:30pm-8:30pm Beginner Pickleball	4:00pm-5:00pm Area Reserved	7:30pm-8:00pm Closed for Cleaning		
8:30pm-9:00pm Closed for Cleaning	7:00pm-8:30pm Adult Open Basketball	8:30pm-9:00pm Closed for Cleaning	5:30pm-6:30pm HIIT Cardio meets HIIT and Lift			
	8:30pm-9:00pm Closed for Cleaning		6:40pm-7:35pm Zumba®			
			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