

WAC MENOMONEE FALLS  
**GYM/COURT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-8:55am Open Gym	4:00am-7:55am Open Gym	4:00am-5:00am Open Gym	4:00am-5:40am Open Gym	4:00am-7:55am Open Gym	6:30am-9:25am Open Gym	6:30am-9:25am Open Gym
9:00am-9:55am Interval	8:00am-8:55am Women on Weights	5:30am-6:25am Women on Weights	5:45am-6:40am Interval	8:00am-8:55am Interval	8:00am-9:00am Area Reserved: 1/8, 1/15, 1/29, 2/12, 2/26	9:30am-10:25am Zumba®
10:30am-11:25am Strength LITE	9:00am-10:00am Area Reserved	7:00am-8:00am Open Gym	7:00am-7:45am Open Gym	9:00am-9:50am Open Gym	9:30am-10:25am Cardio Kickboxing	10:30am-2:00pm Family Open Gym
12:00pm-4:00pm Family Open Gym	10:00am-10:55am Strength	8:15am-8:45am Interval Express	7:45am-8:45am Area Reserved	9:40am-10:35am Balance & Stability	10:35am-11:30am Zumba®	<b>1/16 &amp; 2/13</b> 10:30am-11:30am Sunday Funday Workshop Series (\$)
4:00pm-5:00pm Area Reserved	11:00am-1:00pm Open Gym	9:00am-9:55am Strength	9:00am-10:00am Women on Weights	11:00am-1:00pm Open Gym	12:00pm-2:00pm Family Open Gym	
5:30pm-6:15pm Cardio Kickboxing	12:00pm-3:00pm Competitive Pickleball	10:00am-12:00pm Open Gym	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
7:00pm-8:30pm Adult Open Basketball	3:00pm-4:00pm Adult Open Gym	12:00pm-5:30pm Family Open Gym	11:30am-4:00pm Open Gym	3:00pm-6:00pm Adult Open Gym	2:00pm-5:30pm Adult Open Gym	5:30pm-6:00pm Closed for Cleaning
8:30pm-9:00pm Closed for Cleaning	4:00pm-5:00pm Area Reserved	5:30pm-6:15pm Move It!	4:00pm-5:00pm Area Reserved	6:00pm-7:30pm Adult Open Volleyball	5:30pm-6:00pm Closed for Cleaning	
	5:30pm-6:30pm Power	6:15pm-8:30pm Adult Open Basketball	5:30pm-6:30pm Power	7:30pm-8:00pm Closed for Cleaning		
	7:00pm-8:30pm Adult Open Basketball	8:30pm-9:00pm Closed for Cleaning	6:40pm-7:45pm Zumba®			
	8:30pm-9:00pm 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 Advanced Classes and Workshops at the Front Desk.

COMPLIMENTARY CLASS	ADVANCED CLASS Ⓞ	ADULT OR FAMILY OPEN GYM	AREA RESERVED	WORKSHOP Ⓞ	CLOSED FOR CLEANING
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