

# Court Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-8:55am Adult Open Gym	4:00am-5:10am Adult Open Gym	4:00am-5:10am Adult Open Gym	4:00am-5:10am Adult Open Gym	4:00am-7:55am Adult Open Gym	6:30am-8:10am Adult Open Gym	6:30am-6:55am Adult Open Gym
9:00am-9:55am Interval	5:15am-6:10am Interval	5:15am-6:10am Women on Weights*	5:15am-6:10am Interval	8:00am-8:55am Interval	8:15am-9:10am Interval	7:00am-7:45am Boot Camp
10:00am-10:55am Strength LITE	6:15am-7:55am Adult Open Gym	6:15am-8:25am Adult Open Gym	6:15am-7:55am Adult Open Gym	9:00am-9:55am Zumba®	9:15am-9:45am Core	8:00am-8:55am WOW (WAC on Wellness)
11:00am-2:00pm Adult Open Basketball	8:00am-8:55am Women on Weights*	8:30am-9:00am Boot Camp EXPRESS	8:00am-8:55am Strength	10:00am-10:55am Strength LITE	9:50am-10:05am Adult Open Gym	9:00am-9:55am Zumba®
2:00pm-5:00pm Adult/Youth Open Gym	9:00am-9:55am Strong by Zumba®*	9:05am-10:10am Adult Open Gym	9:00am-9:55am Strength LITE	11:00am-3:00pm Competitive Pickleball	10:10am-11:05am Zumba®	10:00am-12:00pm Adult Open Gym
5:00pm-5:25pm Adult Open Gym	10:00am-10:55am Zumba®	10:15am-11:10am Strength LITE	10:00am-10:55am Zumba®	3:00pm-5:00pm Adult/Youth Open Gym	11:10am-12:00pm Adult Open Gym	12:00pm-7:00pm Adult/Youth Open Gym
5:30pm-6:25pm Cardio Circuit	11:00am-3:00pm Competitive Pickleball	11:15am-12:00pm Adult/Youth Open Gym	11:00am-2:00pm Adult Open Basketball	5:00pm-9:00pm Adult Open Gym	12:00pm-7:00pm Adult/Youth Open Gym	
6:30pm-7:25pm Zumba®	3:00pm-4:25pm Adult/Youth Open Gym	12:00pm-1:30pm Adult Open Pickleball	2:00pm-5:00pm Adult/Youth Open Gym			
7:30pm-10:00pm Adult Open Gym	4:30pm-5:25pm Zumba®	1:30pm-4:55pm Adult/Youth Open Gym	5:00pm-5:25pm Adult Open Gym			
	5:30pm-6:30pm Power*	5:00pm-5:55pm Zumba®	5:30pm-6:25pm Step Fusion			
	<b>1/8</b> 6:30pm-7:30pm FLEX Workshop Series	6:00pm-10:00pm Area Reserved	6:30pm-7:25pm Lose It			
	<b>2/5</b> 6:30pm-7:30pm FLEX Workshop Series		7:30pm-10:00pm Adult Open Gym			
	6:35pm-10:00pm Adult Open Gym					

\*Sign-up at Front Desk for all Advanced Classes and Workshops.

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](http://schedule.thewac.com).