

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-5:25am Open Gym	4:00am-5:40am Open Gym	4:00am-7:55am Open Gym	6:30am-8:15am 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	5/15 7:15am Ringside and Relax Workshop	9:30am-10:25am Zumba®
10:30am-11:25am Strength LITE	9:00am-1:00pm Open Gym	7:00am-8:00am Open Gym	7:00am-5:25pm Open Gym	9:00am-9:50am Open Gym	8:30am-9:25am Barre Sculpt	10:30am-2:00pm Family Open Gym
12:00pm-5:25pm Family Open Gym	1:00pm-3:00pm Competitive Pickleball	8:15am-8:45am Bootcamp Express	5:30pm-6:30pm Power	10:00am-10:55am Balance & Stability	9:30am-10:25am Cardio Kickboxing	6/27 10:30am Boot Camp and Bags Workshop
5:30pm-6:15pm Cardio Kickboxing	3:00pm-5:25pm Adult Open Gym	9:00am-9:55am Strength	6:35pm-7:30pm Zumba®	11:00am-1:00pm Open Gym	10:35am-11:30am Zumba®	2:00pm-5:30pm Adult Open Gym
7:00pm-8:30pm Adult Open Basketball	5:30pm-6:30pm Power	10:15am-11:10am Zumba®	7:30pm-8:30pm Adult Open Basketball	1:00pm-3:00pm Competitive Pickleball	12:00pm-2:00pm Family Open Gym	5:30pm-6:00pm Closed for Cleaning
8:30pm-9:00pm Closed for Cleaning	7:00pm-8:30pm Adult Open Basketball	12:00pm-5:30pm Family Open Gym	8:30pm-9:00pm Closed for Cleaning	3:00pm-6:00pm Adult Open Gym	2:00pm-5:30pm Adult Open Gym	
	8:30pm-9:00pm Closed for Cleaning	5:30pm-8:30pm Adult Open Basketball		6:00pm-7:30pm Adult Open Volleyball	5:30pm-6:00pm Closed for Cleaning	
		5/5 4:00pm Education is Power Workshop		7:30pm-8:00pm Closed for Cleaning		
		5/5 6:00pm Cinco de Mayo Workshop				
		5/26 5:30pm Vino and Vinyasa				
		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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