

WAC WAUWATOSA
LARGE GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-5:55am Interval	5:30am-6:45am BODYPUMP®	5:00am-5:55am Interval	5:00am-5:45am Strength Express	5:15am-6:10am Core Express	6:30am-7:15am Open Gym	6:30am-8:20am Adult Open Gym
6:00am-7:50am Open Gym	6:50am-7:45am Open Gym	6:00am-8:45am Open Gym	5:45am-6:55am Boot Camp	6:15am-9:00am Open Gym	7:15am-8:25am Step	8:30am-9:25am Zumba®
7:50am-9:00am Step Fusion	7:45am-9:00am Interval	8:45am-9:55am Strength LITE	7:00am-8:20am Open Gym	9:00am-9:50am Boot Camp Express	8:30am-9:25am Zumba®	9:30am-11:30am Parent/Youth Open Gym
9:00am-10:15am Strength LITE	9:00am-10:15am Strength	10:00am-11:00am Stretch	8:20am-9:25am Pilates	9:50am-10:55am Strength LITE	9:30am-10:45am BODYPUMP®	11:30am-2:30pm Intermediate Pickleball
10:30am-11:00am Kids' Clubhouse	10:30am-11:00am Kids' Clubhouse	11:00am-1:00pm Social Pickleball	9:30am-10:40am Cardio Circuit	11:00am-2:00pm Social Pickleball	11:00am-2:00pm Adult Open Basketball	2:30pm-6:30pm Adult Open Basketball
11:30am-1:30pm Intermediate Pickleball	11:00am-1:00pm Social Pickleball	1:00pm-3:30pm Open Gym	11:00am-2:00pm Intermediate Pickleball	2/9 1:00pm-2:00pm Pickleball 101	2:00pm-4:00pm Parent/Youth Open Gym	
1:30pm-4:40pm Open Gym	1:00pm-2:00pm Intermediate Pickleball	3:30pm-5:15pm Ladies' Pickleball Social Play	2:00pm-4:45pm Open Gym	2:00pm-5:30pm Open Gym	4:00pm-6:30pm Adult Open Gym	
4:40pm-6:15pm BODYPUMP®	2:00pm-5:15pm Open Gym	5:15pm-6:45pm BODYPUMP®	4:45pm-5:45pm BODYPUMP® Express	5:30pm-7:30pm Area Reserved		
6:15pm-7:15pm Boot Camp	5:15pm-5:55pm Core Express	6:45pm-9:30pm Area Reserved	5:45pm-6:55pm Zumba®			
7:30pm-9:30pm Intermediate Pickleball	6:00pm-6:55pm Interval		7:00pm-8:00pm Adult Open Gym			
1/8 7:30pm-8:30pm Pickleball 101	7:00pm-8:00pm Adult Open Gym		8:00pm-9:30pm Open Soccer			
	8:00pm-9:30pm Open Soccer					

GYM ETIQUETTE:

While class is in session, do not enter the gym unless participating. Please allow 5 to 10 minutes before and after scheduled listings for set-up and clean-up.

Open Gym times are first come first serve. The space may be used for youth/adult basketball, pickleball or a space for working out.

During Parent/Youth Open Gym, one parent must be present with minor while in the gymnasium.

Adult Open Gym is for adults only.

COMPLIMENTARY CLASS	PICKLEBALL	SOCCER	OPEN GYM	RESERVED	ADULT OPEN GYM	ADULT OPEN BASKETBALL
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WAC WAUWATOSA
SMALL GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-9:00am Open Gym	4:00am-5:45am Open Gym	4:00am-8:45am Open Gym	4:00am-8:45am Open Gym	4:00am-8:15am Open Gym	6:30am-7:45am Open Gym	6:30am-6:30pm Open Gym
9:15am-10:10am Interval	5:45am-6:55am Cardio Circuit	8:45am-9:55am Pilates	8:15am-9:25am Ringside	8:15am-9:25am Yoga Flow	7:45am-9:00am Ringside	
10:20am-11:15am Chair Yoga	7:00am-8:45am Open Gym	10:15am-11:10am Yoga LITE	9:30am-9:55am Kids' Clubhouse	9:30am-9:55am Kids' Clubhouse	9:15am-10:25am Strength	
11:15am-4:45pm Open Gym	8:45am-9:55am Pilates	11:20am-5:45pm Open Gym	10:00am-10:55am Balance & Stability	10:00am-10:55am Zumba Gold®	10:30am-11:00am Kids' Clubhouse	
4:45pm-5:45pm Ringside	10:15am-11:10am Strength LITE	5:45pm-7:00pm Zumba®	11:00am-5:45pm Open Gym	11:00am-6:00pm Open Gym	11:00am-1:00pm Area Reserved	
5:45pm-6:55pm Zumba®	11:30am-5:45pm Open Gym	7:00pm-9:30pm Open Gym	5:45pm-7:00pm Strength	6:00pm-8:00pm Area Reserved	1:00pm-6:30pm Open Gym	
7:00pm-9:30pm Area Reserved	5:45pm-7:00pm Balance & Stability		7:00pm-9:30pm Open Gym			
	7:00pm-9:00pm Area Reserved					

Rooms are available for open use unless scheduled for classes, events or other activities.

Please allow 5-10 minutes before and after scheduled listings for set-up and clean-up.

Register for Advanced Classes and Workshops at the Front Desk.

COMPLIMENTARY CLASS	PREMIUM CLASS ☎	AREA RESERVED	WORKSHOP ☎	OPEN GYM
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