


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 Adult Open Gym	5:30am-6:00am Core Express	6:30am-7:00am Adult Open Gym	6:30am-8:15am Adult Open Gym
6:00am-9:00am Adult Open Gym	8:00m-8:55am Interval	6:00am-8:45am Adult Open Gym	6:00am-6:55am Bootcamp	6:15am-9:00am Adult Open Gym	7:00am-8:15am Transform 10	8:30am-9:25am Zumba®
9:15am-10:10am Strength LITE	9:15am-10:10am Strength	9:00am-9:55am Strength LITE	7:00am-8:45am Adult Open Gym	9:15am-9:45am Boot Camp Express	8:30am-9:25am Zumba®	9:30am-2:00pm Family Open Gym
10:30am-11:00am Kids' Clubhouse	10:30am-11:00am Kids' Clubhouse	10:00am-10:40am Stretch	9:00am-9:55am Cardio Circuit	10:00am-10:55am Strength LITE	9:30am-10:45am BODYPUMP®	2:00pm-6:30pm Adult Open Gym
11:00am-1:00pm Adult Open Gym	11:00am-1:00pm Open Pickleball	11:00am-1:00pm Open Pickleball	10:00am-10:30am Kids' Clubhouse	11:00am-1:00pm Open Pickleball	11:00am-11:30am Kids' Clubhouse	
1:00pm-4:30pm Family Open Gym	1:00pm-4:00pm Family Open Gym	1:00pm-4:00pm Family Open Gym	10:30am-4:45pm Open Gym	1:00pm-4:00pm Family Open Gym	11:30am-4:00pm Family Open Gym	
4:40pm-6:15pm BODYPUMP®	4:00pm-5:15pm Adult Open Gym	4:00pm-5:45pm Ladies' Social Pickleball	4:45pm-5:45pm BODYPUMP® Express	4:00pm-9:30pm Adult Open Gym	4:00pm-6:30pm Adult Open Gym	
6:30pm-10:00pm Private Event	5:30pm-5:55pm Core Express	5:45pm-7:15pm BODYPUMP®	6:00pm-6:55pm Strength			
	6:00pm-6:55pm Interval	7:15pm-10:00pm Private Event	7:00pm-8:00pm Adult Open Gym			
	7:00pm-8:00pm Adult Open Gym		8:00pm-9:30pm Open Soccer			
	8:00pm-9:30pm Open Soccer					

Open times are for Adult-Only Open Basketball. While class is in session, do not enter the gym unless participating. During Family Open Gym, one parent must be present with minor while in the gymnasium.
Please allow 5 to 10 minutes before and after scheduled listings for set-up and clean-up.

COMPLIMENTARY CLASS

PICKLEBALL

SOCCER

OPEN GYM

RESERVED

ADULT OPEN GYM

WAC WAUWATOSA
SMALL GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am-8:55am Step Fusion	9:00am-9:55am Pilates	9:30am-10:00am Kids' Clubhouse	9:00am-9:55am Pilates	8:30am-9:25am Yoga Flow	8:00am-8:55am Ringside	
9:15am-10:10am Interval	10:15am-11:10am Strength LITE	10:15am-11:10am Yoga LITE	10:15am-11:10am Yoga	9:30am-9:55am Kids' Clubhouse	9:30am-10:25am Strength	
5:00pm-5:45pm Ringside	7:00pm-9:00pm Private Group Event	5:30pm-6:25pm Cardio Circuit	6:00pm-6:55pm Zumba®	6:00pm-8:30pm Private Group Event		
6:00pm-6:55pm Zumba®		6:30pm-7:30pm Zumba®	7:00pm-9:00pm Private Group Event			

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 ☉