


**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-6:00am Core Express	6:30am-7:15am Open Gym	6:30am-8:20am Adult Open Gym
6:00am-9:00am Open Gym	6:50am-7:45am Open Gym	6:00am-8:45am Open Gym	5:45am-6:55am Boot Camp	6:00am-9:00am Open Gym	7:15am-8:25am Step	8:30am-9:25am Zumba®
9:00am-10:15m Strength LITE	7:45am-9:00am Interval	8:45am-9:55am Strength LITE	7:00am-8:45am Open Gym	9:00am-9:45am Boot Camp Express	8:30am-9:25am Zumba®	9:30am-11:30am Parent/Youth Open Gym
10:30am-11:00am Kids' Clubhouse	9:00am-10:15am Strength	10:00am-10:40am Stretch	8:45am-9:55am Cardio Circuit	9:45am-10:55am Strength LITE	9:30am-10:45am BODYPUMP®	11:30am-2:00pm Open Pickleball
11:00am-4:40pm Open Gym	10:30am-11:00am Kids' Clubhouse	11:00am-1:00pm Open Pickleball	10:00am-10:30am Kids' Clubhouse	11:00am-1:00pm Open Pickleball	11:00am-2:00pm Adult Open Gym	2:00pm-6:30pm Adult Open Gym
4:40pm-6:15pm BODYPUMP®	11:00am-1:00pm Open Pickleball	1:00pm-4:00pm Open Gym	10:30am-4:45pm Open Gym	1:00pm-5:00pm Open Gym	2:00pm-4:00pm Parent/Youth Open Gym	
6:30pm-7:30pm Boot Camp Beginning 6/4	1:00pm-5:15pm Open Gym	4:00pm-5:45pm Ladies' Social Pickleball	4:45pm-5:45pm BODYPUMP® Express	5:00pm-7:30pm Adult Open Gym	4:00pm-6:30pm Adult Open Gym	
7:30pm-10:00pm Open Pickleball	5:15pm-5:55pm Core Express	5:45pm-7:15pm BODYPUMP®	5:45pm-6:55pm Strength			
	6:00pm-6:55pm Interval	7:15pm-9:30pm Adult Open Gym	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 **Parent/Youth 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
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WAC WAUWATOSA  
**SMALL GYM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-7:45am 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
8:00am-8:55am Step Fusion	5:45am-6:55am Cardio Circuit	8:45am-9:55am Pilates	8:45am-9:55am Pilates	8:15am-9:25am Yoga Flow	7:45am-9:00am Ringside	
9:15am-10:10am Interval	7:00am-8:45am Open Gym	10:15am-11:10am Yoga LITE	10:05am-10:55am Balance & Stability	9:30am-9:55am Kids' Clubhouse	9:15am-10:25am Strength	
10:30am-4:45pm Open Gym	8:45am-9:55am Pilates	11:20am-6:15pm Open Gym	11:15am-5:45pm Open Gym	10:00am-10:55am Zumba Gold®	11:00am-11:30am Kids' Clubhouse	
4:45pm-5:45pm Ringside	10:15am-11:10am Strength LITE	6:15pm-7:40pm Zumba®	5:45pm-6:55pm Zumba®	11:00am-8:00pm Open Gym	11:30am-6:30pm Open Gym	
5:45pm-6:55pm Zumba®	11:30am-6:25pm Open Gym	7:40pm-9:30pm Open Gym	7:10pm-7:45pm Cycl-ates			
7:00pm-9:30pm Open Gym	6:30pm-7:30pm Striking Fitness		8:00pm-9:30pm Open Gym			
	7:30pm-9:30pm Open Gym					

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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