

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 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 | 7:15am-8:10am Step | 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-11:00am Adult Open Gym | 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 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® | 10:00am-10:55am Zumba Gold® | | |
| 6:00pm-6:55pm Zumba® | | 6:30pm-7:30pm Zumba® | 7:00pm-9:00pm Private Group Event | 6:00pm-8:30pm 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 ⑥

AREA RESERVED

WORKSHOP ⑥