


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-9:45am 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-10:40am Stretch	8:20am-9:25am Pilates	9:45am-10:55am Strength LITE	9:30am-10:45am BODYPUMP®	11:30am-2:00pm Open Pickleball
10:30am-11:00am Kids' Clubhouse	10:30am-11:00am Kids' Clubhouse	11:00am-1:00pm Open Pickleball	9:30am-10:40am Cardio Circuit	11:00am-2:00pm Open Pickleball	11:00am-2:00pm Adult Open Gym	2:00pm-6:30pm Adult Open Gym
11:30am-1:30pm Intermediate Pickleball	11:00am-1:00pm Open Pickleball	1:00pm-5:15pm Open Gym	11:00am-2:00pm Intermediate Pickleball	2:00pm-5:30pm Open Gym	2:00pm-4:00pm Parent/Youth Open Gym	
1:30pm-4:40pm Open Gym	1:00pm-5:15pm Open Gym	5:15pm-6:45pm BODYPUMP®	2:00pm-4:45pm Open Gym	5:30pm-7:30pm Area Reserved	4:00pm-6:30pm Adult Open Gym	
4:40pm-6:15pm BODYPUMP®	5:15pm-5:55pm Core Express	6:45pm-9:30pm Area Reserved	4:45pm-5:45pm BODYPUMP® Express			
6:30pm-7:25pm Boot Camp	6:00pm-6:55pm Interval		5:45pm-6:55pm Zumba®			
7:30pm-10:00pm Open Pickleball	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			

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
---------------------	------------	--------	----------	----------	----------------

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	
10:15am-4:45pm Open Gym	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	
4:45pm-5:45pm Ringside	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	
5:45pm-6:55pm Zumba®	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	
7:00pm-9:30pm Area Reserved	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	
	5:45pm-7:00pm Balance & Stability		7:00pm-9:30pm Open Gym			
	7:00pm-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
---------------------	-----------------	---------------	------------	----------