

WAC WAUWATOSA  
**LARGE GYM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-5:55am Interval	5:00am-5:30am Adult Open Gym	5:00am-5:55am Interval	5:00am-5:45am Adult Open Gym	5:30am-6:00am Core	5:00am-7:00am Adult Open Gym	7:00am-8:15am Adult Open Gym
6:00am-9:00am Adult Open Gym	5:30am-6:45am BODYPUMP®	6:00am-8:45am Open Gym	6:00am-6:55am Bootcamp	6:15am-9:00am Open Gym	7:15am-8:25am Step	8:30am-9:25am Zumba®
9:15am-10:10am Strength LITE	8:00m-8:55am Interval	9:00am-9:55am Strength LITE	7:00am-8:45am 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	9:15am-10:10am Strength	10:00am-11:00am Open Gym	9:00am-9:55am Cardio Circuit	10:00am-10:55am Strength LITE	9:30am-11:00am BODYPUMP®	2:00pm-6:30pm Adult Open Gym
11:00am-1:00pm Adult 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-11:30am Kids' Clubhouse	
1:00pm-4:00pm Family Open Gym	11:00am-1:00pm Pickleball	1:00pm-4:00pm Family Open Gym	10:30am-4:00pm Family Open Gym	1:00pm-4:00pm Family Open Gym	11:30am-4:00pm Family Open Gym	
4:40pm-6:15pm BODYPUMP®	1:00pm-4:00pm Family Open Gym	4:00pm-5:45pm Adult Open Gym	4:00pm-5:45pm Adult Open Gym	4:00pm-9:30pm Adult Open Gym	4:00pm-6:30pm Adult Open Gym	
6:30pm-10:00pm Reserved for a Private Event	4:00pm-5:15pm Adult Open Gym	5:45pm-7:15pm BODYPUMP®	6:00pm-6:55pm Strength			
	5:30pm-5:55pm Core Express	7:15pm-10:00pm Reserved for a Private Event	7:00pm-8:00pm Adult Open Gym			
	6:00pm-6:55pm Interval		8:00pm-9:30pm Open Soccer			
	7:00pm-8:00pm Adult Open Gym					
	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	PREMIUM CLASS Ⓢ	OPEN GYM	AREA RESERVED	WORKSHOP Ⓢ
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