

# Large Gym Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-5:00am Open Gym	4:00am-5:00am Open Gym	4:00am-5:30am Open Gym	4:00am-5:30am Open Gym	4:00am-5:00am Open Gym	6:30am-8:30am Open Gym	6:30am-7:00pm Open Gym
5:00am-5:55am Extreme X*	5:00am-5:55am Interval	5:30am-6:25am Boot Camp	5:30am-6:25am Interval	5:00am-5:55am Extreme X*	8:30am-9:25am Zumba®	
6:15am-6:45am Area Reserved	6:00am-10:30am Open Gym	6:30am-9:00am Open Gym	6:30am-9:00am Open Gym	6:00am-8:00am Open Gym	10:00am-11:00am Kids' Clubhouse	
7:00am-9:00am Open Gym	10:30am-11:00am Kids' Clubhouse	9:00am-9:55am Cardio Circuit	9:00am-9:55am Boot Camp	8:00am-8:55am Zumba®	11:00am-2:00pm Adult Open Basketball	
9:00am-9:55am Cardio Circuit	11:00am-12:00pm Open Pickleball	10:00am-11:00am Kids' Clubhouse	10:00am-11:00am Kids' Clubhouse	9:00am-10:00am Open Gym	2:00pm-7:00pm Open Gym	
10:00am-11:00am Kids' Clubhouse	12:00pm-2:00pm Adult Open Basketball	11:00am-12:00pm Open Gym	11:00am-12:00pm Open Gym	10:00am-11:00am Kids' Clubhouse		
11:00am-12:00pm Open Gym	2:00pm-5:00pm Open Gym	12:00pm-2:00pm Adult Open Basketball	12:00pm-2:00pm Adult Open Basketball	11:00am-1:00pm Open Pickleball		
12:00pm-2:00pm Adult Open Basketball	5:00pm-8:00pm Adult Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	1:00pm-2:00pm Adult Open Basketball		
2:00pm-5:00pm Open Gym	8:00pm-10:00pm Open Soccer	5:00pm-5:55pm Adult Open Gym	5:00pm-6:25pm Adult Open Gym	2:00pm-5:00pm Open Gym		
5:00pm-5:55pm Adult Open Gym	10:00pm-12:00am Adult Open Gym	6:00pm-10:30pm Adult Basketball League	6:30pm-7:25pm Zumba®	5:00pm-5:25pm Adult Open Gym		
6:15pm-8:00pm Adult Open Basketball		10:30pm-12:00am Open Gym	8:00pm-10:00pm Open Soccer	5:30pm-8:30pm Open Gym		
8:00pm-12:00am Adult Open Gym			10:00pm-12:00am Open Gym			

Please allow 5 to 10 minutes before and after scheduled listings for set up and clean up.  
 Schedule subject to change. For live schedule updates, check [schedule.thewac.com](http://schedule.thewac.com).

\*Sign-up at Front Desk for all Advanced Classes and Workshops. Rooms are available for open use unless scheduled for classes, events or other activities.  
 The gym is available to members for open use unless scheduled for classes, events or other activities.