

WAC WAUWATOSA
LARGE GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-5:55am Interval	5:00am-5:45am Adult Open Gym	5:00am-5:55am Interval	5:00am-8:45am Adult Open Gym	5:30am-6:00am Core	5:00am-7:15am Adult Open Gym	7:00am-8:15am Adult Open Gym
6:00am-9:15am Adult Open Gym	6:00am-6:55am BODYPUMP®	6:00am-8:45am Open Gym	9:00am-9:55am Cardio Circuit	6:00am-7:45am Adult Open Gym	7:30am-8:25am Step	8:30am-9:25am Groove
9:30am-10:25am Strength LITE	8:00am-8:55am Interval	9:00am-9:55am Bootcamp	10:00am-10:30am Kids' Clubhouse	8:00am-8:55am Zumba®	8:30am-9:25am Zumba®	9:30am-2:00pm Family Open Gym
10:30am-11:00am Kids' Clubhouse	9:15am-10:10am Strength	10:10am-11:05am Strength LITE	10:30am-4:45pm Family Open Gym	9:15am-9:45am Boot Camp Express	9:30am-10:45am BODYPUMP®	2:00pm-6:30pm Adult Open Gym
11:00am-1:00pm Adult Open Gym	10:30am-11:00am Kids' Clubhouse	11:15am-1:00pm Pickleball	5:00pm-5:30pm Core	10:00am-10:55am Strength LITE	11:00am-11:30am Kids' Clubhouse	
1:00pm-4:30pm Family Open Gym	11:00am-1:00pm Pickleball	1:00pm-5:45pm Family Open Gym	6:00pm-6:55pm Strength	11:00am-1:30pm Pickleball	11:30am-4:00pm Family Open Gym	
4:45pm-6:00pm BODYPUMP®	1:00pm-4:45pm Family Open Gym	5:45pm-7:00pm BODYPUMP®	7:00pm-8:00pm Open Gym	1:30pm-4:00pm Family Open Gym	4:00pm-6:30pm Adult Open Gym	
6:10pm-7:05pm Zumba®	5:00pm-5:30pm Core	7:15pm-9:30pm Adult Open Gym	8:00pm-9:30pm Open Soccer	4:00pm-9:30pm Adult Open Gym		
7:15pm-9:30pm Adult Open Gym	6:00pm-6:55pm Strength					
	7:00pm-8:00pm 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	ADVANCED CLASS Ⓞ	OPEN GYM	AREA RESERVED	WORKSHOP Ⓞ
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