



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