

# May 18 - May 24



MON MAY 18	TUE MAY 19	WED MAY 20	THU MAY 21	FRI MAY 22	SAT MAY 23	SUN MAY 24
				4:00 am - 7:30 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 8:00 am <b>Adult Open Basketball</b> <i>Gym</i>	6:30 am - 7:45 am <b>Adult Open Basketball</b> <i>Gym</i>
				11:00 am - 7:30 pm <b>Open Swim</b> <i>Outdoor Pool</i>	6:30 am - 8:15 am <b>Morning Meditation</b> <i>Lotus Studio</i>	6:30 am - 8:45 am <b>Morning Meditation</b> <i>Lotus Studio</i>
				12:00 pm - 4:00 pm <b>Afternoon Personal Practice</b> <i>Lotus Studio</i>	6:30 am - 10:00 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	6:30 am - 10:00 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>
				2:00 pm - 5:30 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>	6:30 am - 3:30 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 3:30 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>
				3:00 pm - 5:00 pm <b>Open Gym</b> <i>Gym</i>	6:30 am - 3:30 pm <b>Open Swim</b> <i>Outdoor Pool</i>	6:30 am - 3:30 pm <b>Open Swim</b> <i>Outdoor Pool</i>
				4:00 pm - 8:00 pm <b>Evening Meditation and Reflection</b> <i>Lotus Studio</i>	7:30 am - 8:15 am <b>Cycle</b> <i>Ride Studio</i>	8:15 am - 9:10 am <b>BODYPUMP®</b> <i>Gym</i>
				5:00 pm - 5:30 pm <b>Strength</b> <i>Move Studio</i>	8:30 am - 9:15 am <b>Strength</b> <i>Move Studio</i>	9:00 am - 9:55 am <b>Power Cycle</b> <i>Ride Studio</i>
				5:00 pm - 7:30 pm <b>Pick-Up Basketball</b> <i>Gym</i>	8:30 am - 9:20 am <b>Interval</b> <i>Gym</i>	9:00 am - 9:55 am <b>Yoga</b> <i>Lotus Studio</i>
				5:30 pm - 7:30 pm <b>Family Swim</b> <i>Indoor Exercise Pool</i>	8:30 am - 9:20 am <b>Power Cycle</b> <i>Ride Studio</i>	9:00 am - 11:00 am <b>Murph Challenge</b> <i>Other</i>
				5:35 pm - 6:05 pm <b>Stretch</b> <i>Move Studio</i>	8:30 am - 9:25 am <b>Yoga</b> <i>Lotus Studio</i>	9:30 am - 9:55 am <b>Open Gym</b> <i>Gym</i>
					9:30 am - 10:25 am <b>Step</b> <i>Gym</i>	9:30 am - 10:25 am <b>Strength</b> <i>Move Studio</i>
					9:35 am - 10:30 am <b>Pilates</b> <i>Lotus Studio</i>	10:00 am - 12:00 pm <b>Intermediate Open Pickleball</b> <i>Gym</i>
					9:35 am - 10:30 am <b>Ringside</b> <i>The Field</i>	10:00 am - 12:00 pm <b>Daytime Personal Practice</b> <i>Lotus Studio</i>
					9:40 am - 10:10 am <b>Cycle</b> <i>Ride Studio</i>	10:00 am - 3:30 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>

MON MAY 18	TUE MAY 19	WED MAY 20	THU MAY 21	FRI MAY 22	SAT MAY 23	SUN MAY 24
					10:00 am - 3:30 pm BF <b>Open Swim</b> <i>Indoor Exercise Pool</i>	10:15 am - 10:45 am BF <b>Cycle Lite</b> <i>Ride Studio</i>
					10:45 am - 11:40 am BF <b>Zumba®</b> <i>Gym</i>	12:00 pm - 2:00 pm BF <b>Social Pickleball</b> <i>Gym</i>
					11:00 am - 12:00 pm BF <b>Daytime Personal Practice</b> <i>Lotus Studio</i>	12:00 pm - 3:30 pm BF <b>Afternoon Personal Practice</b> <i>Lotus Studio</i>
					12:00 pm - 3:30 pm BF <b>Open Gym</b> <i>Gym</i>	2:00 pm - 3:30 pm BF <b>Open Gym</b> <i>Gym</i>
					12:00 pm - 3:30 pm BF <b>Afternoon Personal Practice</b> <i>Lotus Studio</i>	

BF = Brookfield DT = Downtown FA = Menomonee Falls GF = Greenfield LC = Lake Country NS = North Shore TO = Wauwatosa WA = West Allis

Wisconsin Athletic Club - Generated on May 22, 2026 8:25 pm