

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

MON MAY 18	TUE MAY 19	WED MAY 20	THU MAY 21	FRI MAY 22	SAT MAY 23	SUN MAY 24
					10:45 am - 11:40 am Zumba® <i>Gym</i>	BF 12:00 pm - 2:00 pm Social Pickleball <i>Gym</i>
					11:00 am - 12:00 pm Daytime Personal Practice <i>Lotus Studio</i>	BF 12:00 pm - 3:30 pm Afternoon Personal Practice <i>Lotus Studio</i>
					12:00 pm - 3:30 pm Open Gym <i>Gym</i>	BF 2:00 pm - 3:30 pm Open Gym <i>Gym</i>
					12:00 pm - 3:30 pm Afternoon Personal Practice <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 9:18 pm