

June 8 - June 14



MON JUN 8	TUE JUN 9	WED JUN 10	THU JUN 11	FRI JUN 12	SAT JUN 13	SUN JUN 14
		4:00 am - 5:15 am Adult Open Basketball <i>Gym</i>	4:00 am - 5:45 am Morning Meditation <i>Lotus Studio</i>	4:00 am - 7:15 am Adult Open Basketball <i>Gym</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>
		4:00 am - 7:30 am Adult Swim <i>Indoor Exercise Pool</i>	4:00 am - 7:15 am Adult Open Basketball <i>Gym</i>	4:00 am - 7:45 am Adult 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>
		4:00 am - 7:30 am Adult Swim <i>Outdoor Pool</i>	4:00 am - 7:45 am Adult Swim <i>Outdoor Pool</i>	4:00 am - 7:50 am Adult Swim <i>Indoor Exercise Pool</i>	6:30 am - 8:55 am Adult Swim <i>Indoor Exercise Pool</i>	6:30 am - 10:00 am Adult Swim <i>Outdoor Pool</i>
		4:00 am - 7:45 am Morning Meditation <i>Lotus Studio</i>	4:00 am - 7:50 am Adult Swim <i>Indoor Exercise Pool</i>	4:00 am - 8:45 am Morning Meditation <i>Lotus Studio</i>	6:30 am - 10:00 am Adult Swim <i>Outdoor Pool</i>	6:30 am - 11:00 am Adult Swim <i>Indoor Exercise Pool</i>
		4:00 am - 4:20 pm Adult Swim <i>Indoor Lap Pool</i>	4:00 am - 4:20 pm Adult Swim <i>Indoor Lap Pool</i>	4:00 am - 7:30 pm Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 6:30 pm Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 4:55 pm Adult Swim <i>Indoor Lap Pool</i>
		5:45 am - 6:35 am Boot Camp <i>Gym</i>	5:15 am - 5:45 am Rhythm Ride <i>Ride Studio</i>	5:30 am - 6:15 am Performance Ride <i>Ride Studio</i>	7:30 am - 8:15 am Rhythm Ride <i>Ride Studio</i>	8:15 am - 9:10 am BODYPUMP® <i>Gym</i>
		7:00 am - 7:45 am BODYPUMP® <i>Gym</i>	5:45 am - 6:15 am Core <i>Move Studio</i>	6:30 am - 7:15 am Total Body Burn <i>Move Studio</i>	8:30 am - 9:15 am Strength <i>Move Studio</i>	9:00 am - 9:55 am Performance Ride <i>Ride Studio</i>
		7:00 am - 7:45 am Rhythm Ride <i>Ride Studio</i>	6:00 am - 6:55 am Yoga Flow <i>Lotus Studio</i>	7:45 am - 8:45 am BODYPUMP® <i>Gym</i>	8:30 am - 9:20 am Total Body Burn <i>Gym</i>	9:00 am - 9:55 am Yoga <i>Lotus Studio</i>
		7:45 am - 8:30 am Water Fit <i>Outdoor Pool</i>	7:00 am - 8:45 am Daytime Personal Practice <i>Lotus Studio</i>	8:00 am - 8:30 am Core <i>Move Studio</i>	8:30 am - 9:20 am Performance Ride <i>Ride Studio</i>	9:30 am - 9:55 am Reserved for Kids' Clubhouse <i>Gym</i>
		7:45 am - 9:15 am Adult Swim/Weather Backup <i>Indoor Exercise Pool</i>	7:45 am - 8:45 am BODYPUMP® <i>Gym</i>	8:00 am - 8:45 am Water Fit <i>Outdoor Pool</i>	8:30 am - 9:25 am Yoga <i>Lotus Studio</i>	9:30 am - 10:25 am Strength <i>Move Studio</i>
		8:00 am - 8:20 am Open Gym <i>Gym</i>	8:00 am - 8:45 am Sweat Circuit Lite <i>Move Studio</i>	8:00 am - 9:45 am Adult Swim/Weather Backup <i>Indoor Exercise Pool</i>	8:30 am - 9:30 am Train Like An Athlete <i>The Field</i>	10:00 am - 12:00 pm Daytime Personal Practice <i>Lotus Studio</i>
		8:00 am - 8:55 am Yoga Flow <i>Lotus Studio</i>	8:00 am - 8:45 am Water Fit <i>Outdoor Pool</i>	8:35 am - 9:05 am Stretch <i>Move Studio</i>	9:00 am - 9:40 am Swim Lesson Level 1 <i>Indoor Exercise Pool</i>	10:00 am - 6:30 pm Open Swim <i>Outdoor Pool</i>
		8:00 am - 8:55 am Ringside <i>The Field</i>	8:00 am - 8:45 am Adult Swim/Weather Backup <i>Indoor Exercise Pool</i>	9:00 am - 9:45 am Water Power <i>Outdoor Pool</i>	9:30 am - 10:25 am Step <i>Gym</i>	10:15 am - 10:45 am Ride Lite <i>Ride Studio</i>
		8:30 am - 9:15 am Water Fit <i>Outdoor Pool</i>	8:55 am - 9:45 am Total Body Burn <i>Gym</i>	9:00 am - 9:55 am Pilates <i>Lotus Studio</i>	9:30 am - 10:30 am Mobility & Stability Workshop <i>Move Studio</i>	11:00 am - 2:50 pm Open Swim <i>Indoor Exercise Pool</i>

MON JUN 8	TUE JUN 9	WED JUN 10	THU JUN 11	FRI JUN 12	SAT JUN 13	SUN JUN 14
		8:40 am - 9:30 am Strength Lite <i>Gym</i>	9:00 am - 9:55 am Pilates <i>Lotus Studio</i>	9:00 am - 9:55 am Step <i>Gym</i>	9:35 am - 10:30 am Pilates <i>Lotus Studio</i>	12:00 pm - 2:00 pm Social Pickleball <i>Gym</i>
		9:00 am - 9:30 am Core <i>Lotus Studio</i>	9:00 am - 9:55 am Zumba® <i>Move Studio</i>	9:10 am - 9:50 am Barre <i>Move Studio</i>	9:35 am - 10:30 am Ringside <i>The Field</i>	12:00 pm - 4:00 pm Afternoon Personal Practice <i>Lotus Studio</i>
		9:15 am - 2:00 pm Adult Swim <i>Outdoor Pool</i>	9:00 am - 10:30 am Adult Swim <i>Outdoor Pool</i>	9:15 am - 9:45 am HIIT Ride <i>Ride Studio</i>	9:40 am - 10:10 am Rhythm Ride <i>Ride Studio</i>	2:00 pm - 4:00 pm Live Music on the Deck <i>Outdoor Pool</i>
		9:30 am - 10:15 am Performance Ride <i>Ride Studio</i>	9:00 am - 12:50 pm Open Swim <i>Indoor Exercise Pool</i>	9:30 am - 10:30 am Tai Chi <i>Training Studio</i>	9:45 am - 10:15 am Swim Lesson Preschool+ <i>Indoor Exercise Pool</i>	2:00 pm - 6:30 pm Open Gym <i>Gym</i>
		9:30 am - 10:30 am Tai Chi <i>Move Studio</i>	9:30 am - 10:15 am Rhythm Ride <i>Ride Studio</i>	10:00 am - 10:30 am Strength <i>Move Studio</i>	10:00 am - 6:30 pm Open Swim <i>Outdoor Pool</i>	3:00 pm - 3:30 pm Swim Lesson Preschool <i>Indoor Exercise Pool</i>
		9:30 am - 10:30 am Adult Swim <i>Indoor Exercise Pool</i>	9:50 am - 10:35 am Reserved for Kids' Clubhouse <i>Gym</i>	10:00 am - 10:55 am Reserved for Kids' Clubhouse <i>Gym</i>	10:20 am - 10:50 am Swim Lesson Parent/Tot <i>Indoor Exercise Pool</i>	3:00 pm - 3:40 pm Swim Lesson Level 1 <i>Indoor Exercise Pool</i>
		9:35 am - 10:20 am Balance and Stability <i>Lotus Studio</i>	10:00 am - 10:55 am Yoga Lite <i>Lotus Studio</i>	10:00 am - 12:00 pm Adult Swim <i>Outdoor Pool</i>	10:45 am - 11:40 am Zumba® <i>Gym</i>	3:45 pm - 4:15 pm Swim Lesson Preschool+ <i>Indoor Exercise Pool</i>
		9:40 am - 10:40 am BODYPUMP® <i>Gym</i>	10:30 am - 6:00 pm Open Swim <i>Outdoor Pool</i>	10:00 am - 2:00 pm Adult Swim <i>Indoor Exercise Pool</i>	10:55 am - 11:25 am Swim Lesson Preschool <i>Indoor Exercise Pool</i>	4:00 pm - 7:00 pm Evening Meditation and Reflection <i>Lotus Studio</i>
		10:30 am - 11:25 am Yoga Lite <i>Lotus Studio</i>	10:40 am - 4:15 pm Open Gym <i>Gym</i>	10:05 am - 11:00 am Yoga Lite <i>Lotus Studio</i>	11:00 am - 12:00 pm Yoga for Stress Relief <i>Lotus Studio</i>	4:15 pm - 5:00 pm Pool Reserved for Lessons <i>Indoor Exercise Pool</i>
		10:30 am - 1:30 pm Open Swim <i>Indoor Exercise Pool</i>	11:00 am - 4:15 pm Daytime Personal Practice <i>Lotus Studio</i>	10:45 am - 11:30 am Balance and Stability <i>Move Studio</i>	11:30 am - 6:30 pm Open Swim <i>Indoor Exercise Pool</i>	4:20 pm - 5:00 pm Swim Lesson Level 3/4 <i>Indoor Lap Pool</i>
		10:45 am - 11:10 am Reserved for Kids' Clubhouse <i>Gym</i>	1:00 pm - 1:45 pm Water Fit <i>Indoor Exercise Pool</i>	11:00 am - 1:00 pm Intermediate Open Play <i>Gym</i>	12:00 pm - 6:30 pm Open Gym <i>Gym</i>	5:00 pm - 6:30 pm Adult Swim <i>Indoor Exercise Pool</i>
		11:15 am - 1:15 pm Intermediate Open Play <i>Gym</i>	1:50 pm - 4:15 pm Adult Swim <i>Indoor Exercise Pool</i>	11:15 am - 12:00 pm Daytime Personal Practice <i>Lotus Studio</i>	12:05 pm - 4:00 pm Afternoon Personal Practice <i>Lotus Studio</i>	5:05 pm - 6:05 pm Swim Club <i>Indoor Lap Pool</i>
		12:00 pm - 1:00 pm Area Reserved <i>Move Studio</i>	4:30 pm - 5:10 pm Swim Lesson Level 1 <i>Indoor Exercise Pool</i>	12:00 pm - 4:00 pm Afternoon Personal Practice <i>Lotus Studio</i>	4:00 pm - 7:00 pm Evening Meditation and Reflection <i>Lotus Studio</i>	6:10 pm - 6:30 pm Adult Swim <i>Indoor Lap Pool</i>
		12:00 pm - 4:45 pm Afternoon Personal Practice <i>Lotus Studio</i>	4:30 pm - 5:10 pm Swim Lesson Level 3 <i>Indoor Exercise Pool</i>	12:00 pm - 7:30 pm Open Swim <i>Outdoor Pool</i>		
		1:15 pm - 2:15 pm Social Pickleball <i>Gym</i>	4:30 pm - 5:10 pm Pool Reserved for Lessons <i>Indoor Lap Pool</i>	1:00 pm - 2:30 pm Intro to Pickleball Drill <i>Gym</i>		

MON JUN 8	TUE JUN 9	WED JUN 10	THU JUN 11	FRI JUN 12	SAT JUN 13	SUN JUN 14
		1:30 pm - 4:15 pm BF Adult Swim <i>Indoor Exercise Pool</i>	4:30 pm - 5:25 pm BF Strength <i>Gym</i>	2:00 pm - 5:30 pm BF Open Swim <i>Indoor Exercise Pool</i>		
		2:00 pm - 9:30 pm BF Open Swim <i>Outdoor Pool</i>	4:30 pm - 5:25 pm BF Yoga Flow <i>Lotus Studio</i>	2:30 pm - 3:00 pm BF Social Pickleball <i>Gym</i>		
		2:15 pm - 4:00 pm BF Open Gym <i>Gym</i>	5:00 pm - 6:00 pm BF Advanced Women on Weights <i>The Field</i>	3:00 pm - 5:00 pm BF Open Gym <i>Gym</i>		
		4:00 pm - 5:00 pm BF Social Pickleball <i>Gym</i>	5:15 pm - 5:55 pm BF Swim Lesson Level 2 <i>Indoor Exercise Pool</i>	4:00 pm - 8:00 pm BF Evening Meditation and Reflection <i>Lotus Studio</i>		
		4:30 pm - 5:15 pm BF Junior Swim Club <i>Indoor Lap Pool</i>	5:15 pm - 5:55 pm BF Swim Lesson Level 4 <i>Indoor Lap Pool</i>	5:00 pm - 5:30 pm BF Strength <i>Move Studio</i>		
		4:30 pm - 5:20 pm BF Barre <i>Move Studio</i>	5:35 pm - 6:20 pm BF Barre <i>Move Studio</i>	5:00 pm - 7:30 pm BF Pick-Up Basketball <i>Gym</i>		
		4:30 pm - 7:00 pm BF Pool Reserved for Lessons <i>Indoor Exercise Pool</i>	5:45 pm - 6:15 pm BF Rhythm Ride <i>Ride Studio</i>	5:30 pm - 7:30 pm BF Family Swim <i>Indoor Exercise Pool</i>		
		5:00 pm - 5:55 pm BF Pilates <i>Lotus Studio</i>	5:45 pm - 9:30 pm BF Social Pickleball <i>Gym</i>	5:35 pm - 6:05 pm BF Stretch <i>Move Studio</i>		
		5:15 pm - 6:15 pm BF Swim Club <i>Indoor Lap Pool</i>	6:00 pm - 6:55 pm BF Yoga Flow <i>Lotus Studio</i>			
		5:30 pm - 6:15 pm BF Performance Ride <i>Ride Studio</i>	6:00 pm - 9:30 pm BF Adult Swim <i>Indoor Lap Pool</i>			
		5:30 pm - 6:25 pm BF Strength <i>Gym</i>	6:00 pm - 9:30 pm BF Adult Swim <i>Outdoor Pool</i>			
		6:00 pm - 6:55 pm BF Total Body Burn <i>Move Studio</i>	6:05 pm - 7:05 pm BF Women on Weights <i>The Field</i>			
		6:05 pm - 7:00 pm BF Yoga <i>Lotus Studio</i>	6:15 pm - 9:30 pm BF Adult Swim <i>Indoor Exercise Pool</i>			
		6:25 pm - 9:30 pm BF Adult Swim <i>Indoor Lap Pool</i>	6:25 pm - 6:55 pm BF Core <i>Move Studio</i>			
		6:30 pm - 9:30 pm BF Adult Open Basketball <i>Gym</i>	7:00 pm - 7:30 pm BF Yoga Stretch <i>Lotus Studio</i>			
		7:00 pm - 9:30 pm BF Open Swim <i>Indoor Exercise Pool</i>	7:45 pm - 9:00 pm BF Evening Meditation and Reflection <i>Lotus Studio</i>			
		7:15 pm - 9:00 pm BF Evening Meditation and Reflection <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 June 10, 2026 4:10 am