

# 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
				8:00 am - 8:45 am <b>Water Fit</b> <i>Outdoor 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>
				8:00 am - 9:45 am <b>Adult Swim/Weather Backup</b> <i>Indoor Exercise 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>
				8:35 am - 9:05 am <b>Stretch</b> <i>Move Studio</i>	6:30 am - 8:55 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	6:30 am - 10:00 am <b>Adult Swim</b> <i>Outdoor Pool</i>
				9:00 am - 9:45 am <b>Water Power</b> <i>Outdoor Pool</i>	6:30 am - 10:00 am <b>Adult Swim</b> <i>Outdoor Pool</i>	6:30 am - 11:00 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>
				9:00 am - 9:55 am <b>Pilates</b> <i>Lotus Studio</i>	6:30 am - 6:30 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 4:55 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>
				9:00 am - 9:55 am <b>Step</b> <i>Gym</i>	7:30 am - 8:15 am <b>Rhythm Ride</b> <i>Ride Studio</i>	8:15 am - 9:10 am <b>BODYPUMP®</b> <i>Gym</i>
				9:10 am - 9:50 am <b>Barre</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>Performance Ride</b> <i>Ride Studio</i>
				9:15 am - 9:45 am <b>HIIT Ride</b> <i>Ride Studio</i>	8:30 am - 9:20 am <b>Total Body Burn</b> <i>Gym</i>	9:00 am - 9:55 am <b>Yoga</b> <i>Lotus Studio</i>
				9:30 am - 10:30 am <b>Tai Chi</b> <i>Training Studio</i>	8:30 am - 9:20 am <b>Performance Ride</b> <i>Ride Studio</i>	9:30 am - 9:55 am <b>Reserved for Kids' Clubhouse</b> <i>Gym</i>
				10:00 am - 10:30 am <b>Strength</b> <i>Move Studio</i>	8:30 am - 9:25 am <b>Yoga</b> <i>Lotus Studio</i>	9:30 am - 10:25 am <b>Strength</b> <i>Move Studio</i>
				10:00 am - 10:55 am <b>Reserved for Kids' Clubhouse</b> <i>Gym</i>	8:30 am - 9:30 am <b>Train Like An Athlete</b> <i>The Field</i>	10:00 am - 12:00 pm <b>Daytime Personal Practice</b> <i>Lotus Studio</i>
				10:00 am - 12:00 pm <b>Adult Swim</b> <i>Outdoor Pool</i>	9:00 am - 9:40 am <b>Swim Lesson Level 1</b> <i>Indoor Exercise Pool</i>	10:00 am - 6:30 pm <b>Open Swim</b> <i>Outdoor Pool</i>
				10:00 am - 2:00 pm <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	9:30 am - 10:25 am <b>Step</b> <i>Gym</i>	10:15 am - 10:45 am <b>Ride Lite</b> <i>Ride Studio</i>
				10:05 am - 11:00 am <b>Yoga Lite</b> <i>Lotus Studio</i>	9:30 am - 10:30 am <b>Mobility &amp; Stability Workshop</b> <i>Move Studio</i>	11:00 am - 2:50 pm <b>Open Swim</b> <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
				10:45 am - 11:30 am <b>Balance and Stability</b> <i>Move Studio</i>	9:35 am - 10:30 am <b>Pilates</b> <i>Lotus Studio</i>	12:00 pm - 2:00 pm <b>Social Pickleball</b> <i>Gym</i>
				11:00 am - 1:00 pm <b>Intermediate Open Play</b> <i>Gym</i>	9:35 am - 10:30 am <b>Ringside</b> <i>The Field</i>	12:00 pm - 4:00 pm <b>Afternoon Personal Practice</b> <i>Lotus Studio</i>
				11:15 am - 12:00 pm <b>Daytime Personal Practice</b> <i>Lotus Studio</i>	9:40 am - 10:10 am <b>Rhythm Ride</b> <i>Ride Studio</i>	2:00 pm - 4:00 pm <b>Live Music on the Deck</b> <i>Outdoor Pool</i>
				12:00 pm - 4:00 pm <b>Afternoon Personal Practice</b> <i>Lotus Studio</i>	9:45 am - 10:15 am <b>Swim Lesson Preschool+</b> <i>Indoor Exercise Pool</i>	2:00 pm - 6:30 pm <b>Open Gym</b> <i>Gym</i>
				12:00 pm - 7:30 pm <b>Open Swim</b> <i>Outdoor Pool</i>	10:00 am - 6:30 pm <b>Open Swim</b> <i>Outdoor Pool</i>	3:00 pm - 3:30 pm <b>Swim Lesson Preschool</b> <i>Indoor Exercise Pool</i>
				1:00 pm - 2:30 pm <b>Intro to Pickleball Drill</b> <i>Gym</i>	10:20 am - 10:50 am <b>Swim Lesson Parent/Tot</b> <i>Indoor Exercise Pool</i>	3:00 pm - 3:40 pm <b>Swim Lesson Level 1</b> <i>Indoor Exercise Pool</i>
				2:00 pm - 5:30 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>	10:45 am - 11:40 am <b>Zumba®</b> <i>Gym</i>	3:45 pm - 4:15 pm <b>Swim Lesson Preschool+</b> <i>Indoor Exercise Pool</i>
				2:30 pm - 3:00 pm <b>Social Pickleball</b> <i>Gym</i>	10:55 am - 11:25 am <b>Swim Lesson Preschool</b> <i>Indoor Exercise Pool</i>	4:00 pm - 7:00 pm <b>Evening Meditation and Reflection</b> <i>Lotus Studio</i>
				3:00 pm - 5:00 pm <b>Open Gym</b> <i>Gym</i>	11:00 am - 12:00 pm <b>Yoga for Stress Relief</b> <i>Lotus Studio</i>	4:15 pm - 5:00 pm <b>Pool Reserved for Lessons</b> <i>Indoor Exercise Pool</i>
				4:00 pm - 8:00 pm <b>Evening Meditation and Reflection</b> <i>Lotus Studio</i>	11:30 am - 6:30 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>	4:20 pm - 5:00 pm <b>Swim Lesson Level 3/4</b> <i>Indoor Lap Pool</i>
				5:00 pm - 5:30 pm <b>Strength</b> <i>Move Studio</i>	12:00 pm - 6:30 pm <b>Open Gym</b> <i>Gym</i>	5:00 pm - 6:30 pm <b>Adult Swim</b> <i>Indoor Exercise Pool</i>
				5:00 pm - 7:30 pm <b>Pick-Up Basketball</b> <i>Gym</i>	12:05 pm - 4:00 pm <b>Afternoon Personal Practice</b> <i>Lotus Studio</i>	5:05 pm - 6:05 pm <b>Swim Club</b> <i>Indoor Lap Pool</i>
				5:30 pm - 7:30 pm <b>Family Swim</b> <i>Indoor Exercise Pool</i>	4:00 pm - 7:00 pm <b>Evening Meditation and Reflection</b> <i>Lotus Studio</i>	6:10 pm - 6:30 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>
				5:35 pm - 6:05 pm <b>Stretch</b> <i>Move Studio</i>		

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

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