

April 13 - April 19



MON APR 13	TUE APR 14	WED APR 15	THU APR 16	FRI APR 17	SAT APR 18	SUN APR 19
				4:30 am - 9:00 am GF Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 8:15 am GF Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 10:00 am GF Adult Swim <i>Indoor Lap Pool</i>
				5:30 am - 6:15 am GF Cycle <i>Ride Studio</i>	7:30 am - 8:15 am GF Barre Basics <i>Lotus Studio</i>	8:25 am - 8:55 am GF Core <i>Move Studio</i>
				5:30 am - 6:30 am GF Body Transformation Boot Camp <i>Training Studio</i>	7:30 am - 8:15 am GF Cycle <i>Ride Studio</i>	9:00 am - 9:45 am GF Cycle <i>Ride Studio</i>
				6:15 am - 7:00 am GF Yoga Stretch <i>Lotus Studio</i>	8:00 am - 9:00 am GF Women on Weights <i>Training Studio</i>	9:00 am - 9:45 am GF Strength <i>Move Studio</i>
				8:00 am - 8:45 am GF Pilates <i>Lotus Studio</i>	8:00 am - 9:00 am GF BODYPUMP® <i>Move Studio</i>	9:00 am - 9:55 am GF Yoga <i>Lotus Studio</i>
				8:00 am - 8:50 am GF BODYPUMP® <i>Move Studio</i>	8:15 am - 9:00 am GF Adult Swim Limited Availability <i>Indoor Lap Pool</i>	10:00 am - 10:55 am GF Water Power <i>Indoor Lap Pool</i>
				9:00 am - 9:45 am GF Adult Swim Limited Availability <i>Indoor Lap Pool</i>	8:15 am - 9:00 am GF Aqua Zumba® <i>Indoor Lap Pool</i>	10:00 am - 11:45 am GF Adult Swim Limited Availability <i>Indoor Lap Pool</i>
				9:00 am - 9:45 am GF Strength <i>Move Studio</i>	8:30 am - 9:00 am GF Core <i>Lotus Studio</i>	10:30 am - 12:00 pm GF Belly Dance Foundations <i>Move Studio</i>
				9:00 am - 9:45 am GF Cycle <i>Ride Studio</i>	8:30 am - 9:25 am GF Cycle <i>Ride Studio</i>	11:00 am - 11:45 am GF Water Yoga <i>Indoor Lap Pool</i>
				9:00 am - 9:45 am GF Aqua Zumba® <i>Indoor Lap Pool</i>	9:00 am - 10:00 am GF Adult Swim <i>Indoor Lap Pool</i>	11:45 am - 2:00 pm GF Open Swim <i>Indoor Lap Pool</i>
				9:00 am - 9:50 am GF Barre Basics <i>Lotus Studio</i>	9:10 am - 10:00 am GF Step Fusion <i>Move Studio</i>	2:00 pm - 5:45 pm GF Adult Swim <i>Indoor Lap Pool</i>
				9:45 am - 3:00 pm GF Adult Swim <i>Indoor Lap Pool</i>	9:15 am - 10:10 am GF Yoga <i>Lotus Studio</i>	
				10:00 am - 10:45 am GF Balance and Stability <i>Move Studio</i>	9:15 am - 10:15 am GF Gladiator Boot Camp <i>Training Studio</i>	
				10:00 am - 10:55 am GF Yoga Stretch <i>Lotus Studio</i>	10:00 am - 10:30 am GF Swim Lesson Parent/Tot <i>Indoor Lap Pool</i>	

MON APR 13	TUE APR 14	WED APR 15	THU APR 16	FRI APR 17	SAT APR 18	SUN APR 19
				3:00 pm - 7:45 pm GF Open Swim <i>Indoor Lap Pool</i>	10:00 am - 12:30 pm GF Adult Swim Limited Availability <i>Indoor Lap Pool</i>	
				5:30 pm - 6:15 pm GF Pilates <i>Lotus Studio</i>	10:05 am - 11:00 am GF Hip Hop <i>Move Studio</i>	
					10:35 am - 11:05 am GF Swim Lesson Preschool <i>Indoor Lap Pool</i>	
					11:10 am - 11:40 am GF Swim Lesson Preschool+ <i>Indoor Lap Pool</i>	
					12:30 pm - 2:00 pm GF Open Swim <i>Indoor Lap Pool</i>	
					2:00 pm - 5:45 pm GF Adult Swim <i>Indoor Lap Pool</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 April 17, 2026 2:05 am