

# May 4 - May 10



MON MAY 4	TUE MAY 5	WED MAY 6	THU MAY 7	FRI MAY 8	SAT MAY 9	SUN MAY 10
5:00 am - 8:15 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 7:30 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 9:15 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 8:00 am LC <b>Intermediate/Advanced Open Pickleball</b> <i>Gym</i>	6:30 am - 8:00 am LC <b>Beginner/Intermediate Open Pickleball</b> <i>Gym</i>
5:00 am - 1:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 9:00 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 10:00 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 9:00 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 10:30 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	6:30 am - 10:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 11:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>
5:15 am - 6:05 am LC <b>Strength</b> <i>Move Studio</i>	5:30 am - 6:15 am LC <b>Cycle</b> <i>Ride Studio</i>	5:15 am - 6:10 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	5:30 am - 6:00 am LC <b>SPRINT®</b> <i>Ride Studio</i>	5:30 am - 6:20 am LC <b>Balance and Stability</b> <i>Lotus Studio</i>	7:45 am - 8:30 am LC <b>Cycle</b> <i>Ride Studio</i>	7:45 am - 8:30 am LC <b>Interval</b> <i>Move Studio</i>
6:00 am - 10:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	6:00 am - 6:30 am LC <b>Core</b> <i>Move Studio</i>	7:00 am - 7:50 am LC <b>BODYCOMBAT®</b> <i>Move Studio</i>	6:10 am - 6:40 am LC <b>Core</b> <i>Move Studio</i>	5:45 am - 6:40 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	8:00 am - 8:30 am LC <b>MX4</b> <i>Lift Studio</i>	8:00 am - 9:30 am LC <b>Intermediate/Advanced Open Pickleball</b> <i>Gym</i>
8:00 am - 8:45 am LC <b>Interval</b> <i>Move Studio</i>	6:20 am - 6:50 am LC <b>Yoga</b> <i>Lotus Studio</i>	7:00 am - 9:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	6:45 am - 7:15 am LC <b>HIIT &amp; Lift</b> <i>Lift Studio</i>	7:30 am - 8:00 am LC <b>LES MILLS CORE®</b> <i>Lotus Studio</i>	8:00 am - 8:55 am LC <b>Yoga</b> <i>Lotus Studio</i>	9:00 am - 9:55 am LC <b>BODYCOMBAT®</b> <i>Move Studio</i>
8:15 am - 9:10 am LC <b>Water Power</b> <i>Indoor Lap Pool</i>	6:40 am - 7:10 am LC <b>Arm Day</b> <i>Move Studio</i>	7:30 am - 8:25 am LC <b>Water Power</b> <i>Indoor Lap Pool</i>	7:20 am - 7:50 am LC <b>Core</b> <i>Move Studio</i>	8:00 am - 8:45 am LC <b>Ringside</b> <i>Move Studio</i>	8:00 am - 8:55 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	9:00 am - 9:55 am LC <b>Yoga</b> <i>Lotus Studio</i>
8:30 am - 9:25 am LC <b>Pilates</b> <i>Lotus Studio</i>	6:45 am - 7:15 am LC <b>HIIT &amp; Lift</b> <i>Lift Studio</i>	8:00 am - 8:45 am LC <b>Ringside</b> <i>Move Studio</i>	7:30 am - 10:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	8:00 am - 11:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	8:00 am - 9:30 am LC <b>Beginner/Intermediate Open Pickleball</b> <i>Gym</i>	9:30 am - 11:00 am LC <b>Adult Open Gym</b> <i>Gym</i>
9:15 am - 10:10 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	7:30 am - 9:30 am LC <b>Personal Training</b> <i>Lift Studio</i>	8:00 am - 8:50 am LC <b>Yoga Stretch</b> <i>Lotus Studio</i>	7:45 am - 8:45 am LC <b>Barre Burner</b> <i>Lotus Studio</i>	8:15 am - 8:45 am LC <b>SPRINT®</b> <i>Ride Studio</i>	8:40 am - 9:10 am LC <b>SPRINT®</b> <i>Ride Studio</i>	10:05 am - 11:00 am LC <b>Yoga</b> <i>Lotus Studio</i>
9:15 am - 1:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	8:00 am - 8:45 am LC <b>Leg Day</b> <i>Move Studio</i>	8:30 am - 9:00 am LC <b>SPRINT®</b> <i>Ride Studio</i>	8:00 am - 8:45 am LC <b>Strength</b> <i>Move Studio</i>	9:00 am - 9:55 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	9:15 am - 9:45 am LC <b>LES MILLS CORE®</b> <i>Move Studio</i>	11:00 am - 1:00 pm LC <b>Open Gym</b> <i>Gym</i>
9:30 am - 10:15 am LC <b>Cycle</b> <i>Ride Studio</i>	8:00 am - 8:45 am LC <b>Pilates</b> <i>Lotus Studio</i>	8:30 am - 12:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	9:00 am - 9:45 am LC <b>Strength</b> <i>Move Studio</i>	9:00 am - 10:00 am LC <b>OutFITT</b> <i>Outdoors</i>	9:30 am - 11:30 am LC <b>Area Reserved</b> <i>Gym</i>	11:00 am - 7:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>
10:30 am - 11:15 am LC <b>Balance and Stability</b> <i>Move Studio</i>	9:00 am - 9:45 am LC <b>Strength</b> <i>Move Studio</i>	9:10 am - 9:40 am LC <b>Core</b> <i>Move Studio</i>	9:00 am - 9:55 am LC <b>Stretch</b> <i>Lotus Studio</i>	9:05 am - 10:00 am LC <b>Yoga Flow</b> <i>Lotus Studio</i>	10:00 am - 11:00 am LC <b>Zumba®</b> <i>Move Studio</i>	1:00 pm - 3:00 pm LC <b>Open Pickleball</b> <i>Gym</i>
11:00 am - 11:55 am LC <b>Yoga LITE</b> <i>Lotus Studio</i>	9:00 am - 12:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	9:30 am - 10:25 am LC <b>Pilates</b> <i>Lotus Studio</i>	9:00 am - 10:00 am LC <b>Pickleball Reservation</b> <i>Gym</i>	9:15 am - 10:00 am LC <b>Water Power</b> <i>Indoor Lap Pool</i>	10:00 am - 5:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	3:00 pm - 8:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>
12:00 pm - 1:15 pm LC <b>Rock Steady Boxing</b> <i>Move Studio</i>	9:00 am - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	9:45 am - 10:30 am LC <b>Interval</b> <i>Move Studio</i>	9:00 am - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	10:05 am - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	11:30 am - 2:00 pm LC <b>Open Gym</b> <i>Gym</i>	
12:05 pm - 12:50 pm LC <b>Strength LITE</b> <i>Lotus Studio</i>	9:15 am - 10:10 am LC <b>Yoga</b> <i>Lotus Studio</i>	10:00 am - 1:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	9:30 am - 10:15 am LC <b>Cycle</b> <i>Ride Studio</i>	10:15 am - 11:00 am LC <b>Yoga Stretch</b> <i>Lotus Studio</i>	2:00 pm - 4:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	

MON MAY 4	TUE MAY 5	WED MAY 6	THU MAY 7	FRI MAY 8	SAT MAY 9	SUN MAY 10
1:00 pm - 3:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	10:45 am - 11:40 am LC <b>Chair Yoga</b> <i>Lotus Studio</i>	10:30 am - 12:00 pm LC <b>Area Reserved</b> <i>Lotus Studio</i>	10:00 am - 12:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	10:30 am - 11:15 am LC <b>Boot Camp</b> <i>Move Studio</i>	4:00 pm - 6:00 pm LC <b>Open Gym</b> <i>Gym</i>	
1:00 pm - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	12:00 pm - 12:45 pm LC <b>Strength</b> <i>Move Studio</i>	12:00 pm - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	10:30 am - 11:15 am LC <b>Balance and Stability</b> <i>Move Studio</i>	10:30 am - 11:30 am LC <b>Pickleball Reservation</b> <i>Gym</i>		
2:00 pm - 5:00 pm LC <b>Personal Training</b> <i>Lift Studio</i>	12:00 pm - 5:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	1:00 pm - 2:30 pm LC <b>Rock Steady Boxing</b> <i>Move Studio</i>	10:30 am - 11:15 am LC <b>Yoga LITE</b> <i>Lotus Studio</i>	11:00 am - 12:30 pm LC <b>Area Reserved</b> <i>Lotus Studio</i>		
3:00 pm - 5:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	1:00 pm - 2:30 pm LC <b>Rock Steady Boxing</b> <i>Move Studio</i>	1:00 pm - 5:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	11:30 am - 12:30 pm LC <b>Yoga for Chronic Illness &amp; Pain</b> <i>Lotus Studio</i>	11:30 am - 2:00 pm LC <b>Open Pickleball</b> <i>Gym</i>		
4:00 pm - 7:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	2:00 pm - 6:00 pm LC <b>Personal Training</b> <i>Lift Studio</i>	2:00 pm - 6:00 pm LC <b>Personal Training</b> <i>Lift Studio</i>	12:00 pm - 12:45 pm LC <b>Strength</b> <i>Move Studio</i>	12:00 pm - 1:15 pm LC <b>Rock Steady Boxing</b> <i>Move Studio</i>		
5:00 pm - 6:00 pm LC <b>Pickleball Reservation</b> <i>Gym</i>	4:00 pm - 7:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	4:00 pm - 5:15 pm LC <b>Rock Steady Boxing</b> <i>Move Studio</i>	4:00 pm - 5:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	2:00 pm - 5:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>		
5:15 pm - 5:45 pm LC <b>MX4</b> <i>Lift Studio</i>	5:00 pm - 5:30 pm LC <b>Core</b> <i>Move Studio</i>	4:00 pm - 7:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	1:00 pm - 2:30 pm LC <b>Rock Steady Boxing</b> <i>Move Studio</i>	4:00 pm - 6:30 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>		
5:15 pm - 6:05 pm LC <b>Step</b> <i>Move Studio</i>	5:00 pm - 6:00 pm LC <b>Adult Open Gym</b> <i>Gym</i>	5:00 pm - 6:00 pm LC <b>Adult Open Gym</b> <i>Gym</i>	2:00 pm - 5:00 pm LC <b>Personal Training</b> <i>Lift Studio</i>	5:00 pm - 6:00 pm LC <b>Adult Open Gym</b> <i>Gym</i>		
5:15 pm - 6:10 pm LC <b>Yoga Flow</b> <i>Lotus Studio</i>	5:30 pm - 6:15 pm LC <b>Barre Basics</b> <i>Lotus Studio</i>	5:25 pm - 6:20 pm LC <b>BODYPUMP®</b> <i>Move Studio</i>	4:00 pm - 7:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:00 pm - 8:00 pm LC <b>Open Pickleball</b> <i>Gym</i>		
6:00 pm - 7:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	5:40 pm - 6:10 pm LC <b>SPRINT®</b> <i>Ride Studio</i>	6:00 pm - 8:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	5:00 pm - 6:00 pm LC <b>Adult Open Gym</b> <i>Gym</i>	6:30 pm - 8:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>		
6:15 pm - 7:10 pm LC <b>BODYPUMP®</b> <i>Move Studio</i>	5:45 pm - 6:15 pm LC <b>HIIT Kettlebells</b> <i>Lift Studio</i>	6:30 pm - 7:00 pm LC <b>Area Reserved</b> <i>Move Studio</i>	5:15 pm - 6:00 pm LC <b>Yoga</b> <i>Lotus Studio</i>	8:00 pm - 9:00 pm LC <b>Open Gym</b> <i>Gym</i>		
7:00 pm - 9:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	6:00 pm - 7:00 pm LC <b>Zumba®</b> <i>Move Studio</i>	7:00 pm - 9:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	5:15 pm - 6:10 pm LC <b>BODYCOMBAT®</b> <i>Move Studio</i>			
7:00 pm - 10:00 pm LC <b>Open Gym</b> <i>Gym</i>	6:00 pm - 8:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	8:00 pm - 10:00 pm LC <b>Open Gym</b> <i>Gym</i>	6:00 pm - 7:00 pm LC <b>Women on Weights</b> <i>Lift Studio</i>			
	7:00 pm - 7:45 pm LC <b>Yoga</b> <i>Lotus Studio</i>		6:00 pm - 8:00 pm LC <b>Open Pickleball</b> <i>Gym</i>			
	7:00 pm - 9:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>		6:20 pm - 7:20 pm LC <b>Zumba®</b> <i>Move Studio</i>			
	8:00 pm - 10:00 pm LC <b>Open Gym</b> <i>Gym</i>		7:00 pm - 9:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>			
			8:00 pm - 10:00 pm LC <b>Open Gym</b> <i>Gym</i>			

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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 4, 2026 9:01 am