

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 Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 7:30 am LC Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 9:15 am LC Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 8:00 am LC Intermediate/Advanced Open Pickleball <i>Gym</i>	6:30 am - 8:00 am LC Beginner/Intermediate Open Pickleball <i>Gym</i>
5:00 am - 1:00 pm LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 9:00 am LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 10:00 am LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 9:00 am LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 10:30 am LC Area Reserved Open Gym <i>Gym</i>	6:30 am - 10:00 am LC Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 11:00 am LC Adult Swim <i>Indoor Lap Pool</i>
5:15 am - 6:05 am LC Strength <i>Move Studio</i>	5:30 am - 6:15 am LC Cycle <i>Ride Studio</i>	5:15 am - 6:10 am LC BODYPUMP® <i>Move Studio</i>	5:30 am - 6:00 am LC SPRINT® <i>Ride Studio</i>	5:30 am - 6:20 am LC Balance and Stability <i>Lotus Studio</i>	7:45 am - 8:30 am LC Cycle <i>Ride Studio</i>	7:45 am - 8:30 am LC Interval <i>Move Studio</i>
6:00 am - 10:00 am LC Personal Training <i>Lift Studio</i>	6:00 am - 6:30 am LC Core <i>Move Studio</i>	7:00 am - 7:50 am LC BODYCOMBAT® <i>Move Studio</i>	6:10 am - 6:40 am LC Core <i>Move Studio</i>	5:45 am - 6:40 am LC BODYPUMP® <i>Move Studio</i>	8:00 am - 8:30 am LC MX4 <i>Lift Studio</i>	8:00 am - 9:30 am LC Intermediate/Advanced Open Pickleball <i>Gym</i>
8:00 am - 8:45 am LC Interval <i>Move Studio</i>	6:20 am - 6:50 am LC Yoga <i>Lotus Studio</i>	7:00 am - 9:00 am LC Personal Training <i>Lift Studio</i>	6:45 am - 7:15 am LC HIIT & Lift <i>Lift Studio</i>	7:30 am - 8:00 am LC LES MILLS CORE® <i>Lotus Studio</i>	8:00 am - 8:55 am LC Yoga <i>Lotus Studio</i>	9:00 am - 9:55 am LC BODYCOMBAT® <i>Move Studio</i>
8:15 am - 9:10 am LC Water Power <i>Indoor Lap Pool</i>	6:40 am - 7:10 am LC Arm Day <i>Move Studio</i>	7:30 am - 8:25 am LC Water Power <i>Indoor Lap Pool</i>	7:20 am - 7:50 am LC Core <i>Move Studio</i>	8:00 am - 8:45 am LC Ringside <i>Move Studio</i>	8:00 am - 8:55 am LC BODYPUMP® <i>Move Studio</i>	9:00 am - 9:55 am LC Yoga <i>Lotus Studio</i>
8:30 am - 9:25 am LC Pilates <i>Lotus Studio</i>	6:45 am - 7:15 am LC HIIT & Lift <i>Lift Studio</i>	8:00 am - 8:45 am LC Ringside <i>Move Studio</i>	7:30 am - 10:00 am LC Personal Training <i>Lift Studio</i>	8:00 am - 11:00 am LC Personal Training <i>Lift Studio</i>	8:00 am - 9:30 am LC Beginner/Intermediate Open Pickleball <i>Gym</i>	9:30 am - 11:00 am LC Adult Open Gym <i>Gym</i>
9:15 am - 10:10 am LC BODYPUMP® <i>Move Studio</i>	7:30 am - 9:30 am LC Personal Training <i>Lift Studio</i>	8:00 am - 8:50 am LC Yoga Stretch <i>Lotus Studio</i>	7:45 am - 8:45 am LC Barre Burner <i>Lotus Studio</i>	8:15 am - 8:45 am LC SPRINT® <i>Ride Studio</i>	8:40 am - 9:10 am LC SPRINT® <i>Ride Studio</i>	10:05 am - 11:00 am LC Yoga <i>Lotus Studio</i>
9:15 am - 1:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	8:00 am - 8:45 am LC Leg Day <i>Move Studio</i>	8:30 am - 9:00 am LC SPRINT® <i>Ride Studio</i>	8:00 am - 8:45 am LC Strength <i>Move Studio</i>	9:00 am - 9:55 am LC BODYPUMP® <i>Move Studio</i>	9:15 am - 9:45 am LC LES MILLS CORE® <i>Move Studio</i>	11:00 am - 1:00 pm LC Open Gym <i>Gym</i>
9:30 am - 10:15 am LC Cycle <i>Ride Studio</i>	8:00 am - 8:45 am LC Pilates <i>Lotus Studio</i>	8:30 am - 12:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	9:00 am - 9:45 am LC Strength <i>Move Studio</i>	9:00 am - 10:00 am LC OutFITT <i>Outdoors</i>	9:30 am - 11:30 am LC Area Reserved <i>Gym</i>	11:00 am - 7:30 pm LC Open Swim <i>Indoor Lap Pool</i>
10:30 am - 11:15 am LC Balance and Stability <i>Move Studio</i>	9:00 am - 9:45 am LC Strength <i>Move Studio</i>	9:10 am - 9:40 am LC Core <i>Move Studio</i>	9:00 am - 9:55 am LC Stretch <i>Lotus Studio</i>	9:05 am - 10:00 am LC Yoga Flow <i>Lotus Studio</i>	10:00 am - 11:00 am LC Zumba® <i>Move Studio</i>	1:00 pm - 3:00 pm LC Open Pickleball <i>Gym</i>
11:00 am - 11:55 am LC Yoga LITE <i>Lotus Studio</i>	9:00 am - 12:00 pm LC Open Pickleball <i>Gym</i>	9:30 am - 10:25 am LC Pilates <i>Lotus Studio</i>	9:00 am - 10:00 am LC Pickleball Reservation <i>Gym</i>	9:15 am - 10:00 am LC Water Power <i>Indoor Lap Pool</i>	10:00 am - 5:30 pm LC Open Swim <i>Indoor Lap Pool</i>	3:00 pm - 8:00 pm LC Area Reserved Open Gym <i>Gym</i>
12:00 pm - 1:15 pm LC Rock Steady Boxing <i>Move Studio</i>	9:00 am - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	9:45 am - 10:30 am LC Interval <i>Move Studio</i>	9:00 am - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	10:05 am - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	11:30 am - 2:00 pm LC Open Gym <i>Gym</i>	
12:05 pm - 12:50 pm LC Strength LITE <i>Lotus Studio</i>	9:15 am - 10:10 am LC Yoga <i>Lotus Studio</i>	10:00 am - 1:00 pm LC Open Pickleball <i>Gym</i>	9:30 am - 10:15 am LC Cycle <i>Ride Studio</i>	10:15 am - 11:00 am LC Yoga Stretch <i>Lotus Studio</i>	2:00 pm - 4:00 pm LC Open Pickleball <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 Open Pickleball <i>Gym</i>	10:45 am - 11:40 am LC Chair Yoga <i>Lotus Studio</i>	10:30 am - 12:00 pm LC Area Reserved <i>Lotus Studio</i>	10:00 am - 12:00 pm LC Open Pickleball <i>Gym</i>	10:30 am - 11:15 am LC Boot Camp <i>Move Studio</i>	4:00 pm - 6:00 pm LC Open Gym <i>Gym</i>	
1:00 pm - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	12:00 pm - 12:45 pm LC Strength <i>Move Studio</i>	12:00 pm - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	10:30 am - 11:15 am LC Balance and Stability <i>Move Studio</i>	10:30 am - 11:30 am LC Pickleball Reservation <i>Gym</i>		
2:00 pm - 5:00 pm LC Personal Training <i>Lift Studio</i>	12:00 pm - 5:00 pm LC Area Reserved Open Gym <i>Gym</i>	1:00 pm - 2:30 pm LC Rock Steady Boxing <i>Move Studio</i>	10:30 am - 11:15 am LC Yoga LITE <i>Lotus Studio</i>	11:00 am - 12:30 pm LC Area Reserved <i>Lotus Studio</i>		
3:00 pm - 5:00 pm LC Area Reserved Open Gym <i>Gym</i>	1:00 pm - 2:30 pm LC Rock Steady Boxing <i>Move Studio</i>	1:00 pm - 5:00 pm LC Area Reserved Open Gym <i>Gym</i>	11:30 am - 12:30 pm LC Yoga for Chronic Illness & Pain <i>Lotus Studio</i>	11:30 am - 2:00 pm LC Open Pickleball <i>Gym</i>		
4:00 pm - 7:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	2:00 pm - 6:00 pm LC Personal Training <i>Lift Studio</i>	2:00 pm - 6:00 pm LC Personal Training <i>Lift Studio</i>	12:00 pm - 12:45 pm LC Strength <i>Move Studio</i>	12:00 pm - 1:15 pm LC Rock Steady Boxing <i>Move Studio</i>		
5:00 pm - 6:00 pm LC Pickleball Reservation <i>Gym</i>	4:00 pm - 7:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	4:00 pm - 5:15 pm LC Rock Steady Boxing <i>Move Studio</i>	4:00 pm - 5:00 pm LC Area Reserved Open Gym <i>Gym</i>	2:00 pm - 5:00 pm LC Area Reserved Open Gym <i>Gym</i>		
5:15 pm - 5:45 pm LC MX4 <i>Lift Studio</i>	5:00 pm - 5:30 pm LC Core <i>Move Studio</i>	4:00 pm - 7:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	1:00 pm - 2:30 pm LC Rock Steady Boxing <i>Move Studio</i>	4:00 pm - 6:30 pm LC Adult Swim <i>Indoor Lap Pool</i>		
5:15 pm - 6:05 pm LC Step <i>Move Studio</i>	5:00 pm - 6:00 pm LC Adult Open Gym <i>Gym</i>	5:00 pm - 6:00 pm LC Adult Open Gym <i>Gym</i>	2:00 pm - 5:00 pm LC Personal Training <i>Lift Studio</i>	5:00 pm - 6:00 pm LC Adult Open Gym <i>Gym</i>		
5:15 pm - 6:10 pm LC Yoga Flow <i>Lotus Studio</i>	5:30 pm - 6:15 pm LC Barre Basics <i>Lotus Studio</i>	5:25 pm - 6:20 pm LC BODYPUMP® <i>Move Studio</i>	4:00 pm - 7:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	6:00 pm - 8:00 pm LC Open Pickleball <i>Gym</i>		
6:00 pm - 7:00 pm LC Open Pickleball <i>Gym</i>	5:40 pm - 6:10 pm LC SPRINT® <i>Ride Studio</i>	6:00 pm - 8:00 pm LC Open Pickleball <i>Gym</i>	5:00 pm - 6:00 pm LC Adult Open Gym <i>Gym</i>	6:30 pm - 8:30 pm LC Open Swim <i>Indoor Lap Pool</i>		
6:15 pm - 7:10 pm LC BODYPUMP® <i>Move Studio</i>	5:45 pm - 6:15 pm LC HIIT Kettlebells <i>Lift Studio</i>	6:30 pm - 7:00 pm LC Area Reserved <i>Move Studio</i>	5:15 pm - 6:00 pm LC Yoga <i>Lotus Studio</i>	8:00 pm - 9:00 pm LC Open Gym <i>Gym</i>		
7:00 pm - 9:30 pm LC Open Swim <i>Indoor Lap Pool</i>	6:00 pm - 7:00 pm LC Zumba® <i>Move Studio</i>	7:00 pm - 9:30 pm LC Open Swim <i>Indoor Lap Pool</i>	5:15 pm - 6:10 pm LC BODYCOMBAT® <i>Move Studio</i>			
7:00 pm - 10:00 pm LC Open Gym <i>Gym</i>	6:00 pm - 8:00 pm LC Open Pickleball <i>Gym</i>	8:00 pm - 10:00 pm LC Open Gym <i>Gym</i>	6:00 pm - 7:00 pm LC Women on Weights <i>Lift Studio</i>			
	7:00 pm - 7:45 pm LC Yoga <i>Lotus Studio</i>		6:00 pm - 8:00 pm LC Open Pickleball <i>Gym</i>			
	7:00 pm - 9:30 pm LC Open Swim <i>Indoor Lap Pool</i>		6:20 pm - 7:20 pm LC Zumba® <i>Move Studio</i>			
	8:00 pm - 10:00 pm LC Open Gym <i>Gym</i>		7:00 pm - 9:30 pm LC Open Swim <i>Indoor Lap Pool</i>			
			8:00 pm - 10:00 pm LC Open Gym <i>Gym</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 4, 2026 10:15 am