

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
	4:00 am - 5:25 am Open Gym <i>Gym</i>	4:00 am - 5:00 am Open Gym <i>Gym</i>	4:00 am - 5:45 am Adult Swim <i>Indoor Lap Pool</i>	4:00 am - 7:45 am Open Gym <i>Gym</i>	6:30 am - 7:00 am Open Gym <i>Gym</i>	6:30 am - 7:40 am Open Gym <i>Gym</i>
	4:00 am - 9:15 am Adult Swim <i>Indoor Exercise Pool</i>	4:00 am - 9:30 am Adult Swim <i>Indoor Exercise Pool</i>	4:00 am - 6:00 am Open Gym <i>Gym</i>	4:00 am - 9:15 am Adult Swim <i>Indoor Exercise Pool</i>	6:30 am - 7:45 am Adult Swim <i>Indoor Exercise Pool</i>	6:30 am - 8:15 am Adult Swim <i>Indoor Exercise Pool</i>
	4:00 am - 6:00 pm Adult Swim <i>Indoor Lap Pool</i>	4:00 am - 8:30 pm Adult Swim <i>Indoor Lap Pool</i>	4:00 am - 8:45 am Adult Swim <i>Indoor Exercise Pool</i>	4:00 am - 7:30 pm Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 5:30 pm Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 5:30 pm Adult Swim <i>Indoor Lap Pool</i>
	5:30 am - 6:25 am Boot Camp <i>Gym</i>	5:20 am - 6:20 am Strength & Conditioning <i>Fitness Floor</i>	5:30 am - 6:30 am BODYCOMBAT® <i>Move Studio</i>	5:30 am - 6:30 am BODYPUMP® <i>Move Studio</i>	7:00 am - 7:45 am Boot Camp <i>Gym</i>	7:30 am - 8:30 am BODYPUMP® <i>Move Studio</i>
	5:30 am - 6:30 am BODYCOMBAT® <i>Move Studio</i>	5:20 am - 6:20 am Area Reserved <i>Gym</i>	5:30 am - 6:30 am Tread & Train <i>Fitness Floor</i>	5:45 am - 6:30 am Power Cycle <i>Ride Studio</i>	7:30 am - 8:15 am Cycle <i>Ride Studio</i>	7:45 am - 8:40 am Ringside <i>Gym</i>
	5:45 am - 6:30 am Cycle <i>Ride Studio</i>	5:30 am - 6:30 am BODYPUMP® <i>Move Studio</i>	5:45 am - 6:30 am Cycle <i>Ride Studio</i>	6:00 am - 6:45 am Yoga Flow <i>Lotus Studio</i>	7:45 am - 9:00 am Team Training <i>Gym</i>	8:30 am - 9:15 am Water Yoga <i>Indoor Exercise Pool</i>
	6:00 am - 6:45 am Yoga <i>Lotus Studio</i>	5:45 am - 6:30 am Cycle <i>Ride Studio</i>	5:45 am - 6:45 am Glide Fit <i>Indoor Lap Pool</i>	7:00 am - 7:50 am BODYCOMBAT® <i>Move Studio</i>	8:00 am - 8:55 am Water Power <i>Indoor Exercise Pool</i>	8:45 am - 9:15 am Reserved for Kids' Clubhouse <i>Move Studio</i>
	6:30 am - 7:45 am Open Gym <i>Gym</i>	6:45 am - 7:30 am Barre Basics <i>Lotus Studio</i>	6:00 am - 6:45 am Yoga Stretch <i>Lotus Studio</i>	8:00 am - 8:30 am Stretch <i>Move Studio</i>	8:00 am - 9:00 am BODYPUMP® <i>Move Studio</i>	8:45 am - 9:30 am Power Cycle <i>Ride Studio</i>
	7:50 am - 8:50 am Advanced Women on Weights <i>Gym</i>	6:45 am - 7:45 am Women on Weights <i>Gym</i>	6:15 am - 7:00 am Boot Camp <i>Gym</i>	8:00 am - 8:55 am Interval <i>Gym</i>	8:15 am - 9:15 am Yoga Sculpt <i>Lotus Studio</i>	9:00 am - 9:55 am Zumba® <i>Gym</i>
	8:00 am - 8:45 am Step <i>Move Studio</i>	7:15 am - 8:15 am BODYCOMBAT® <i>Move Studio</i>	7:00 am - 8:00 am Pilates Sculpt <i>Lotus Studio</i>	9:00 am - 9:30 am Open Gym <i>Gym</i>	8:30 am - 9:15 am Cycle <i>Ride Studio</i>	9:30 am - 10:00 am Adult Swim <i>Indoor Exercise Pool</i>
	8:15 am - 9:00 am Cycle <i>Ride Studio</i>	8:00 am - 8:45 am Yoga <i>Lotus Studio</i>	7:00 am - 6:20 pm Adult Swim <i>Indoor Lap Pool</i>	9:00 am - 10:00 am BODYPUMP® <i>Move Studio</i>	9:00 am - 9:25 am Reserved for Kids' Clubhouse <i>Gym</i>	9:30 am - 10:30 am BODYPUMP® <i>Move Studio</i>
	8:15 am - 9:00 am Treading <i>Fitness Floor</i>	8:00 am - 8:45 am Interval <i>Gym</i>	7:15 am - 7:45 am Core <i>Gym</i>	9:15 am - 10:00 am Barre Basics <i>Lotus Studio</i>	9:00 am - 1:00 pm Muffins with Mom <i>Club Pub</i>	10:00 am - 3:00 pm Open Swim <i>Indoor Exercise Pool</i>
	9:00 am - 9:30 am TRX <i>TRX</i>	8:30 am - 9:15 am BODYPUMP® <i>Move Studio</i>	8:00 am - 8:45 am Strength <i>Gym</i>	9:30 am - 10:25 am Aqua Zumba® <i>Indoor Exercise Pool</i>	9:05 am - 10:00 am Aqua Zumba® <i>Indoor Exercise Pool</i>	10:05 am - 11:00 am BODYCOMBAT® <i>Gym</i>
	9:00 am - 9:55 am Pilates <i>Gym</i>	8:55 am - 9:25 am Pilates <i>Lotus Studio</i>	8:30 am - 9:25 am Yoga Flow <i>Lotus Studio</i>	9:40 am - 10:35 am Balance and Stability <i>Gym</i>	9:30 am - 10:30 am BODYCOMBAT® <i>Gym</i>	10:30 am - 11:25 am Yoga <i>Lotus Studio</i>

MON MAY 4	TUE MAY 5	WED MAY 6	THU MAY 7	FRI MAY 8	SAT MAY 9	SUN MAY 10
9:15 am - 10:10 am Stretch <i>Move Studio</i>	9:00 am - 9:45 am Reserved for Kids' Clubhouse <i>Gym</i>	9:00 am - 9:45 am Tabata in the Pool <i>Indoor Exercise Pool</i>	10:00 am - 11:00 am Cozy Corner <i>Club Pub</i>	9:30 am - 10:30 am BODYPUMP® <i>Move Studio</i>	11:00 am - 2:00 pm Family Open Gym <i>Gym</i>	
9:30 am - 10:25 am Water Power <i>Indoor Exercise Pool</i>	9:30 am - 10:30 am Barre Sculpt <i>Lotus Studio</i>	9:00 am - 9:55 am Pilates <i>Move Studio</i>	10:10 am - 10:50 am Reserved for Kids' Clubhouse <i>Move Studio</i>	10:10 am - 10:40 am Swim Lesson Parent/Tot <i>Indoor Exercise Pool</i>	2:00 pm - 5:30 pm Adult Open Gym <i>Gym</i>	
10:10 am - 11:00 am Strength <i>Gym</i>	9:40 am - 10:35 am Balance and Stability <i>Move Studio</i>	9:00 am - 10:00 am Advanced Women on Weights <i>Gym</i>	10:40 am - 11:35 am Water Power <i>Indoor Exercise Pool</i>	10:10 am - 10:40 am Swim Lesson Preschool <i>Indoor Exercise Pool</i>	3:00 pm - 4:00 pm Adult Swim <i>Indoor Exercise Pool</i>	
10:15 am - 11:00 am Barre Basics <i>Lotus Studio</i>	9:45 am - 10:40 am Aqua Zumba® <i>Indoor Exercise Pool</i>	10:00 am - 10:55 am Water <i>Indoor Exercise Pool</i>	11:00 am - 11:45 am Stretch <i>Move Studio</i>	10:10 am - 10:50 am Swim Lesson Level 2 <i>Indoor Exercise Pool</i>	4:00 pm - 4:30 pm Swim Lesson Parent/Tot <i>Indoor Exercise Pool</i>	
10:30 am - 11:25 am Zumba® <i>Move Studio</i>	10:00 am - 10:45 am Cycle LITE <i>Ride Studio</i>	10:00 am - 10:55 am Barre Basics <i>Lotus Studio</i>	11:00 am - 11:45 am Pilates <i>Lotus Studio</i>	10:35 am - 11:30 am Zumba® <i>Gym</i>	4:00 pm - 4:40 pm Swim Lesson Level 1 <i>Indoor Exercise Pool</i>	
11:00 am - 11:55 am Water Lite <i>Indoor Exercise Pool</i>	10:00 am - 10:45 am Core <i>Gym</i>	10:15 am - 11:15 am Movement & Mobility <i>Move Studio</i>	11:00 am - 3:00 pm Open Pickleball <i>Gym</i>	10:45 am - 11:15 am Swim Lesson Preschool <i>Indoor Exercise Pool</i>	4:35 pm - 5:05 pm Swim Lesson Preschool+ <i>Indoor Exercise Pool</i>	
11:05 am - 11:35 am Core <i>Lotus Studio</i>	10:45 am - 11:40 am Pilates <i>Lotus Studio</i>	10:30 am - 11:25 am Strength LITE <i>Gym</i>	11:35 am - 3:00 pm Adult Swim <i>Indoor Exercise Pool</i>	10:45 am - 11:25 am Swim Lesson Level 1 <i>Indoor Exercise Pool</i>	4:45 pm - 5:25 pm Swim Lesson Level 2 <i>Indoor Exercise Pool</i>	
11:15 am - 12:45 pm Open Pickleball <i>Gym</i>	10:45 am - 2:00 pm Open Pickleball <i>Gym</i>	11:05 am - 11:50 am Water Yoga <i>Indoor Exercise Pool</i>	12:00 pm - 12:55 pm Yoga <i>Lotus Studio</i>	10:55 am - 11:35 am Swim Lesson Level 3 <i>Indoor Exercise Pool</i>	5:30 pm - 6:00 pm Closed for Cleaning <i>Gym</i>	
12:00 pm - 12:45 pm BODYPUMP® <i>Move Studio</i>	11:00 am - 11:45 am Water Power <i>Indoor Exercise Pool</i>	11:20 am - 11:50 am Reserved for Kids' Clubhouse <i>Move Studio</i>	3:00 pm - 6:00 pm Family Open Gym <i>Gym</i>	11:00 am - 11:55 am Yoga <i>Move Studio</i>		
12:00 pm - 4:15 pm Open Swim <i>Indoor Exercise Pool</i>	11:00 am - 11:55 am Chair Yoga <i>Move Studio</i>	11:45 am - 12:45 pm Open Pickleball <i>Gym</i>	3:00 pm - 7:30 pm Open Swim <i>Indoor Exercise Pool</i>	11:20 am - 11:50 am Swim Lesson Preschool+ <i>Indoor Exercise Pool</i>		
1:00 pm - 2:30 pm Rock Steady Boxing <i>Gym</i>	11:45 am - 12:30 pm Stretch <i>Lotus Studio</i>	12:00 pm - 12:45 pm BODYPUMP® <i>Move Studio</i>	5:30 pm - 6:25 pm Yoga <i>Move Studio</i>	12:00 pm - 2:00 pm Family Open Gym <i>Gym</i>		
2:45 pm - 4:45 pm Adult Open Gym <i>Gym</i>	12:00 pm - 12:45 pm Strength <i>Move Studio</i>	12:00 pm - 4:30 pm Open Swim <i>Indoor Exercise Pool</i>	6:00 pm - 7:30 pm Adult Open Gym <i>Gym</i>	12:00 pm - 5:00 pm Open Swim <i>Indoor Exercise Pool</i>		
4:30 pm - 5:10 pm Swim Lesson Level 1 <i>Indoor Exercise Pool</i>	12:00 pm - 5:05 pm Open Swim <i>Indoor Exercise Pool</i>	12:15 pm - 1:15 pm Yoga LITE <i>Lotus Studio</i>	7:30 pm - 8:00 pm Closed for Cleaning <i>Gym</i>	2:00 pm - 5:30 pm Adult Open Gym <i>Gym</i>		
4:30 pm - 5:15 pm Cycle <i>Ride Studio</i>	2:00 pm - 4:00 pm Open Gym <i>Gym</i>	1:00 pm - 2:30 pm Rock Steady Boxing <i>Gym</i>		5:00 pm - 5:30 pm Adult Swim <i>Indoor Exercise Pool</i>		
4:30 pm - 5:25 pm Strength <i>Move Studio</i>	4:30 pm - 5:15 pm Kids Move It! (Ages 6) <i>Gym</i>	3:00 pm - 4:45 pm Open Gym <i>Gym</i>		5:30 pm - 6:00 pm Closed for Cleaning <i>Gym</i>		
5:00 pm - 5:30 pm Swim Lesson Parent/Tot <i>Indoor Exercise Pool</i>	4:45 pm - 5:40 pm Barre Basics <i>Lotus Studio</i>	4:30 pm - 5:15 pm Cycle <i>Ride Studio</i>				
5:00 pm - 5:30 pm Swim Lesson Preschool <i>Indoor Exercise Pool</i>	5:00 pm - 6:00 pm BODYPUMP® <i>Move Studio</i>	4:30 pm - 5:30 pm BODYPUMP® <i>Move Studio</i>				

MON MAY 4	TUE MAY 5	WED MAY 6	THU MAY 7	FRI MAY 8	SAT MAY 9	SUN MAY 10
	5:00 pm - 6:30 pm FA Team Training <i>Gym</i>	5:00 pm - 7:00 pm FA Kids Game Night <i>Club Pub</i>	4:45 pm - 5:40 pm FA Barre Basics <i>Lotus Studio</i>			
	5:00 pm - 8:00 pm FA Cinco De Mayo <i>Club Pub</i>	5:10 pm - 5:55 pm FA Tabata in the Pool <i>Indoor Exercise Pool</i>	5:00 pm - 5:30 pm FA Swim Lesson Parent/Tot <i>Indoor Exercise Pool</i>			
	5:00 pm - 9:00 pm FA Taco Tuesdays <i>Club Pub</i>	5:20 pm - 6:20 pm FA BODYCOMBAT® <i>Gym</i>	5:00 pm - 5:30 pm FA Swim Lesson Preschool+ <i>Indoor Exercise Pool</i>			
	5:15 pm - 5:55 pm FA Swim Lesson Level 2 <i>Indoor Exercise Pool</i>	5:30 pm - 6:15 pm FA Cycle <i>Ride Studio</i>	5:00 pm - 6:30 pm FA Team Training <i>Gym</i>			
	5:15 pm - 5:55 pm FA Swim Lesson Level 3 <i>Indoor Exercise Pool</i>	6:00 pm - 6:55 pm FA Aqua Zumba® <i>Indoor Exercise Pool</i>	5:00 pm - 9:00 pm FA Taco Thursdays <i>Club Pub</i>			
	5:30 pm - 6:25 pm FA Pilates <i>Lotus Studio</i>	6:00 pm - 6:55 pm FA Yoga Flow <i>Lotus Studio</i>	5:35 pm - 6:05 pm FA Swim Lesson Preschool <i>Indoor Exercise Pool</i>			
	5:35 pm - 6:05 pm FA Swim Lesson Preschool <i>Indoor Exercise Pool</i>	6:30 pm - 7:25 pm FA Boot Camp <i>Move Studio</i>	5:35 pm - 6:15 pm FA Swim Lesson Level 1 <i>Indoor Exercise Pool</i>			
	5:35 pm - 6:05 pm FA Swim Lesson Preschool+ <i>Indoor Exercise Pool</i>	6:30 pm - 7:30 pm FA Jazz & Hip Hop Dance Workshop <i>Gym</i>	5:35 pm - 6:15 pm FA Swim Lesson Level 2 <i>Indoor Exercise Pool</i>			
	5:45 pm - 6:30 pm FA Power Cycle <i>Ride Studio</i>	7:00 pm - 8:30 pm FA Adult Swim <i>Indoor Exercise Pool</i>	5:45 pm - 6:45 pm FA BODYPUMP® <i>Move Studio</i>			
	5:45 pm - 6:45 pm FA BODYPUMP® <i>Move Studio</i>	7:45 pm - 8:30 pm FA Open Pickleball <i>Gym</i>	6:00 pm - 7:00 pm FA Barre Sculpt <i>Lotus Studio</i>			
	6:00 pm - 6:40 pm FA Swim Lesson Level 1 <i>Indoor Exercise Pool</i>	8:30 pm - 9:00 pm FA Closed for Cleaning <i>Gym</i>	6:20 pm - 7:00 pm FA Swim Lesson Level 3 <i>Indoor Exercise Pool</i>			
	6:00 pm - 6:40 pm FA Swim Lesson Level 2 <i>Indoor Exercise Pool</i>		6:20 pm - 7:00 pm FA Swim Lesson Level 4 <i>Indoor Lap Pool</i>			
	6:00 pm - 7:00 pm FA Swim Club <i>Indoor Lap Pool</i>		6:20 pm - 7:00 pm FA Adult Swim Limited Availability <i>Indoor Lap Pool</i>			
	6:00 pm - 7:00 pm FA Adult Swim Limited Availability <i>Indoor Lap Pool</i>		6:30 pm - 7:30 pm FA Striking Fitness <i>Gym</i>			
	6:10 pm - 6:40 pm FA Swim Lesson Preschool+ <i>Indoor Exercise Pool</i>		7:00 pm - 7:55 pm FA Yoga <i>Move Studio</i>			
	6:30 pm - 7:00 pm FA TRX <i>TRX</i>		7:00 pm - 8:30 pm FA Adult Swim <i>Indoor Lap Pool</i>			
	6:45 pm - 7:45 pm FA Adult Learn to Swim <i>Indoor Exercise Pool</i>		7:00 pm - 8:30 pm FA Adult Swim <i>Indoor Exercise Pool</i>			

MON MAY 4	TUE MAY 5	WED MAY 6	THU MAY 7	FRI MAY 8	SAT MAY 9	SUN MAY 10
	6:45 pm - 8:30 pm FA Open Gym <i>Gym</i>		7:15 pm - 8:15 pm FA Ballroom Dance <i>Lotus Studio</i>			
	7:00 pm - 7:55 pm FA Yoga <i>Move Studio</i>		8:00 pm - 8:30 pm FA Adult Open Basketball <i>Gym</i>			
	7:00 pm - 8:30 pm FA Adult Swim <i>Indoor Lap Pool</i>		8:30 pm - 9:00 pm FA Closed for Cleaning <i>Gym</i>			
	7:45 pm - 8:30 pm FA Adult Swim <i>Indoor Exercise Pool</i>					
	8:30 pm - 9:00 pm FA Closed for Cleaning <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 5, 2026 7:37 am