

May 18 - May 24



MON MAY 18	TUE MAY 19	WED MAY 20	THU MAY 21	FRI MAY 22	SAT MAY 23	SUN MAY 24
			5:00 am - 9:30 pm Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 9:20 am Adult Swim <i>Indoor Exercise Pool</i>	6:30 am - 8:05 am Adult Swim <i>Indoor Exercise Pool</i>	6:30 am - 10:00 am Adult Swim <i>Indoor Exercise Pool</i>
			9:30 am - 10:25 am Water Lite <i>Indoor Exercise Pool</i>	5:00 am - 8:30 pm Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 3:30 pm Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 3:30 pm Adult Swim <i>Indoor Lap Pool</i>
			10:15 am - 11:00 am Barre Basics <i>Lotus Studio</i>	5:30 am - 6:25 am Cycle <i>Ride Studio</i>	8:15 am - 9:00 am Boot Camp (Cancelled) <i>Gym</i>	8:00 am - 9:00 am BODYPUMP® (Cancelled) <i>Gym</i>
			10:30 am - 11:15 am Open Gym <i>Gym</i>	6:30 am - 7:15 am Yoga Stretch (Cancelled) <i>Lotus Studio</i>	8:15 am - 9:10 am Water <i>Indoor Exercise Pool</i>	8:25 am - 9:10 am Zumba Gold® (Cancelled) <i>Lotus Studio</i>
			10:30 am - 12:00 pm Adult Swim <i>Indoor Exercise Pool</i>	7:30 am - 8:15 am Groove (Cancelled) <i>Lotus Studio</i>	9:15 am - 10:00 am Step (Cancelled) <i>Gym</i>	9:15 am - 10:00 am Zumba (Cancelled) <i>Gym</i>
			11:15 am - 12:00 pm Chair Yoga <i>Lotus Studio</i>	8:15 am - 9:00 am BODYPUMP® (Cancelled) <i>Gym</i>	9:30 am - 10:00 am HIIT Cycle <i>Ride Studio</i>	10:00 am - 3:30 pm Open Swim <i>Indoor Exercise Pool</i>
			11:30 am - 1:00 pm Men's Only Pickleball <i>Gym</i>	8:30 am - 9:15 am Cycle <i>Ride Studio</i>	9:30 am - 12:00 pm Adult Swim <i>Indoor Exercise Pool</i>	10:15 am - 11:00 am Strength (Cancelled) <i>Gym</i>
			12:00 pm - 5:55 pm Open Swim <i>Indoor Exercise Pool</i>	8:30 am - 9:25 am Yoga Flow (Cancelled) <i>Lotus Studio</i>	9:40 am - 10:35 am Yoga Lite (Cancelled) <i>Lotus Studio</i>	10:45 am - 11:40 am Yoga Lite (Cancelled) <i>Lotus Studio</i>
			1:15 pm - 5:45 pm Open Gym <i>Gym</i>	9:30 am - 10:25 am Water <i>Indoor Exercise Pool</i>	10:20 am - 11:15 am Zumba® (Cancelled) <i>Gym</i>	5:30 pm - 6:25 pm Yoga (Cancelled) <i>Lotus Studio</i>
			5:00 pm - 5:50 pm Yoga <i>Lotus Studio</i>	9:40 am - 10:30 am Yoga (Cancelled) <i>Lotus Studio</i>	12:00 pm - 3:30 pm Open Swim <i>Indoor Exercise Pool</i>	
			6:00 pm - 6:55 pm Pilates <i>Lotus Studio</i>	10:35 am - 12:00 pm Adult Swim <i>Indoor Exercise Pool</i>		
			6:00 pm - 7:00 pm Ringside <i>Gym</i>	10:45 am - 11:30 am Strength Lite (Cancelled) <i>Gym</i>		
			6:15 pm - 7:15 pm Water Power <i>Indoor Exercise Pool</i>	12:00 pm - 8:30 pm Open Swim <i>Indoor Exercise Pool</i>		
			6:15 pm - 7:15 pm Women on Weights <i>Fitness Floor</i>	12:05 pm - 1:05 pm Yoga (Cancelled) <i>Lotus Studio</i>		
			7:15 pm - 9:00 pm Open Gym <i>Gym</i>	5:30 pm - 6:15 pm Yoga Lite (Cancelled) <i>Lotus Studio</i>		
			7:25 pm - 9:30 pm Adult Swim <i>Indoor Exercise 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 May 21, 2026 3:22 pm