

# May 11 - May 17



MON MAY 11	TUE MAY 12	WED MAY 13	THU MAY 14	FRI MAY 15	SAT MAY 16	SUN MAY 17
					6:30 am - 7:00 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	6:30 am - 8:20 am <b>Adult Open Gym</b> <i>Large Gym</i>
					6:30 am - 7:45 am <b>Open Gym</b> <i>Small Gym</i>	6:30 am - 8:25 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>
					6:30 am - 7:55 am <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 10:00 am <b>Open Gym</b> <i>Small Gym</i>
					6:30 am - 8:15 am <b>Open Gym</b> <i>Large Gym</i>	6:30 am - 6:30 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>
					7:00 am - 7:55 am <b>Water Power</b> <i>Indoor Exercise Pool</i>	8:00 am - 8:55 am <b>Pilates</b> <i>Lotus Studio</i>
					8:00 am - 8:45 am <b>Cycle</b> <i>Ride Studio</i>	8:30 am - 9:25 am <b>Cycle</b> <i>Ride Studio</i>
					8:00 am - 8:55 am <b>Ringside</b> <i>Small Gym</i>	8:30 am - 9:25 am <b>Zumba®</b> <i>Large Gym</i>
					8:00 am - 8:55 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	8:30 am - 9:25 am <b>Water</b> <i>Indoor Exercise Pool</i>
					8:00 am - 9:30 am <b>Master Swim Practice</b> <i>Indoor Lap Pool</i>	9:30 am - 10:25 am <b>Yoga</b> <i>Lotus Studio</i>
					8:15 am - 9:10 am <b>Yoga Flow</b> <i>Lotus Studio</i>	9:30 am - 11:30 am <b>Parent/Youth Open Gym</b> <i>Large Gym</i>
					8:30 am - 9:25 am <b>Zumba®</b> <i>Large Gym</i>	9:30 am - 12:30 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>
					9:00 am - 9:30 am <b>Swim Lesson Preschool</b> <i>Indoor Exercise Pool</i>	10:00 am - 11:00 am <b>Reserved for Kids' Clubhouse</b> <i>Small Gym</i>
					9:30 am - 10:00 am <b>Adult Swim</b> <i>Indoor Lap Pool</i>	10:35 am - 11:30 am <b>Yoga</b> <i>Lotus Studio</i>
					9:30 am - 10:15 am <b>Power Cycle</b> <i>Ride Studio</i>	11:15 am - 12:10 pm <b>Strength</b> <i>Small Gym</i>
					9:30 am - 10:25 am <b>Strength</b> <i>Small Gym</i>	11:30 am - 2:30 pm <b>Social Pickleball</b> <i>Large Gym</i>

MON MAY 11	TUE MAY 12	WED MAY 13	THU MAY 14	FRI MAY 15	SAT MAY 16	SUN MAY 17
					9:35 am - 10:05 am TO <b>Swim Lesson Preschool+</b> <i>Indoor Exercise Pool</i>	12:20 pm - 6:00 pm TO <b>Open Gym</b> <i>Small Gym</i>
					9:45 am - 10:45 am TO <b>BODYPUMP®</b> <i>Large Gym</i>	12:30 pm - 4:00 pm TO <b>Family Swim</b> <i>Indoor Exercise Pool</i>
					10:00 am - 10:40 am TO <b>Swim Lesson Level 1</b> <i>Indoor Exercise Pool</i>	2:30 pm - 6:30 pm TO <b>Adult Open Gym</b> <i>Large Gym</i>
					10:00 am - 10:40 am TO <b>Swim Lesson Level 3</b> <i>Indoor Exercise Pool</i>	4:00 pm - 6:30 pm TO <b>Adult Swim</b> <i>Indoor Exercise Pool</i>
					10:00 am - 10:45 am TO <b>Treading</b> <i>Fitness Floor</i>	
					10:00 am - 11:00 am TO <b>Adult Learn to Swim: Advanced</b> <i>Indoor Lap Pool</i>	
					10:10 am - 10:40 am TO <b>Swim Lesson Preschool</b> <i>Indoor Exercise Pool</i>	
					10:30 am - 11:15 am TO <b>Reserved for Kids' Clubhouse</b> <i>Small Gym</i>	
					10:45 am - 11:25 am TO <b>Swim Lesson Level 2</b> <i>Indoor Exercise Pool</i>	
					10:45 am - 11:25 am TO <b>Swim Lesson Level 4</b> <i>Indoor Exercise Pool</i>	
					11:00 am - 11:25 am TO <b>Pool Reserved for Lessons</b> <i>Indoor Lap Pool</i>	
					11:00 am - 1:00 pm TO <b>Adult Open Gym</b> <i>Large Gym</i>	
					11:15 am - 12:45 pm TO <b>Open Gym</b> <i>Small Gym</i>	
					11:30 am - 12:30 pm TO <b>Low Back and Hip Strength</b> <i>Fitness Floor</i>	
					11:30 am - 3:30 pm TO <b>Family Swim</b> <i>Indoor Exercise Pool</i>	
					11:30 am - 6:30 pm TO <b>Adult Swim</b> <i>Indoor Lap Pool</i>	
					12:45 pm - 2:30 pm TO <b>Strike Strong</b> <i>Small Gym</i>	

MON MAY 11	TUE MAY 12	WED MAY 13	THU MAY 14	FRI MAY 15	SAT MAY 16	SUN MAY 17
					1:00 pm - 4:00 pm TO <b>Parent/Youth Open Gym</b> <i>Large Gym</i>	
					2:30 pm - 6:30 pm TO <b>Open Gym</b> <i>Small Gym</i>	
					3:30 pm - 6:30 pm TO <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	
					4:00 pm - 6:30 pm TO <b>Adult Open Gym</b> <i>Large Gym</i>	

BF = Brookfield DT = Downtown FA = Menomonee Falls GF = Greenfield LC = Lake Country NS = North Shore TO = Wauwatosa WA = West Allis

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