

# June 8 - June 14



MON JUN 8	TUE JUN 9	WED JUN 10	THU JUN 11	FRI JUN 12	SAT JUN 13	SUN JUN 14
	6:45 pm - 7:00 pm <b>Area Reserved</b> <i>Strike Studio</i>	4:00 am - 8:50 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	4:00 am - 7:50 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	4:00 am - 8:20 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	6:00 am - 8:00 am <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	6:00 am - 8:00 am <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>
	7:00 pm - 8:00 pm <b>Women on Weights</b> <i>Training Studio</i>	6:00 am - 8:00 am <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	5:45 am - 6:30 am <b>Ringside</b> <i>Strike Studio</i>	5:30 am - 6:15 am <b>Rhythm Ride</b> <i>Ride Studio</i>	6:00 am - 8:20 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	6:00 am - 11:00 am <b>Adult Swim</b> <i>Indoor Exercise Pool</i>
	7:05 pm - 7:50 pm <b>Barre</b> <i>Lotus Studio</i>	8:00 am - 8:45 am <b>Chair Yoga</b> <i>Lotus Studio</i>	6:00 am - 8:00 am <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	5:30 am - 6:25 am <b>BODYPUMP®</b> <i>Move Studio</i>	7:25 am - 8:15 am <b>Strength</b> <i>Move Studio</i>	8:00 am - 8:45 am <b>Ringside</b> <i>Strike Studio</i>
	7:10 pm - 9:45 pm <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	8:00 am - 8:45 am <b>BODYPUMP®</b> <i>Move Studio</i>	8:00 am - 10:00 am <b>Open Lift</b> <i>Training Studio</i>	6:00 am - 6:45 am <b>Ringside</b> <i>Strike Studio</i>	8:00 am - 8:45 am <b>Barre</b> <i>Lotus Studio</i>	8:00 am - 2:00 pm <b>Reserved Play</b> <i>Outdoor Pickleball Courts</i>
	7:15 pm - 8:10 pm <b>Zumba®</b> <i>Move Studio</i>	8:00 am - 12:00 pm <b>Reserved Play</b> <i>Outdoor Pickleball Courts</i>	8:00 am - 12:00 pm <b>Reserved Play</b> <i>Outdoor Pickleball Courts</i>	6:00 am - 8:00 am <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	8:00 am - 8:45 am <b>Performance Ride</b> <i>Ride Studio</i>	8:30 am - 9:25 am <b>Yoga</b> <i>Lotus Studio</i>
		9:00 am - 9:45 am <b>Boot Camp</b> <i>Move Studio</i>	8:05 am - 9:00 am <b>Water Fit</b> <i>Indoor Exercise Pool</i>	8:00 am - 8:45 am <b>Strength Lite</b> <i>Lotus Studio</i>	8:00 am - 2:00 pm <b>Reserved Play</b> <i>Outdoor Pickleball Courts</i>	9:30 am - 10:25 am <b>Total Body Burn</b> <i>Move Studio</i>
		9:00 am - 9:55 am <b>Water Fit</b> <i>Indoor Exercise Pool</i>	9:00 am - 9:45 am <b>Groove</b> <i>Move Studio</i>	8:00 am - 12:00 pm <b>Reserved Play</b> <i>Outdoor Pickleball Courts</i>	8:25 am - 9:20 am <b>Step</b> <i>Move Studio</i>	9:35 am - 10:30 am <b>Barre</b> <i>Lotus Studio</i>
		9:00 am - 9:55 am <b>Pilates</b> <i>Lotus Studio</i>	9:15 am - 1:00 pm <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	8:10 am - 8:55 am <b>Boot Camp</b> <i>Move Studio</i>	8:30 am - 9:25 am <b>Water Power</b> <i>Indoor Exercise Pool</i>	11:00 am - 3:00 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>
		9:20 am - 9:50 am <b>HIIT Ride</b> <i>Ride Studio</i>	9:50 am - 10:45 am <b>Yoga Stretch</b> <i>Lotus Studio</i>	8:30 am - 9:25 am <b>Water Fit</b> <i>Indoor Exercise Pool</i>	9:00 am - 9:50 am <b>Ringside</b> <i>Strike Studio</i>	2:00 pm - 6:00 pm <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>
		10:05 am - 11:00 am <b>Yoga Stretch</b> <i>Lotus Studio</i>	12:00 pm - 3:00 pm <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	9:05 am - 9:50 am <b>Core</b> <i>Move Studio</i>	9:00 am - 9:55 am <b>Yoga</b> <i>Lotus Studio</i>	3:00 pm - 5:45 pm <b>Adult Swim</b> <i>Indoor Exercise Pool</i>
		10:10 am - 1:00 pm <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	1:00 pm - 4:45 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>	9:35 am - 10:30 am <b>Aqua Groove</b> <i>Indoor Exercise Pool</i>	9:30 am - 10:15 am <b>BODYPUMP®</b> <i>Move Studio</i>	4:30 pm - 5:30 pm <b>Tai Chi</b> <i>Lotus Studio</i>
		12:00 pm - 3:00 pm <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	3:00 pm - 7:00 pm <b>Reserved Play</b> <i>Outdoor Pickleball Courts</i>	10:00 am - 10:55 am <b>Zumba®</b> <i>Move Studio</i>	9:40 am - 10:10 am <b>Swim Lesson Parent/Tot</b> <i>Indoor Exercise Pool</i>	
		1:00 pm - 4:30 pm <b>Open Swim</b> <i>Indoor Exercise Pool</i>	5:00 pm - 5:40 pm <b>Swim Lesson Level 3</b> <i>Indoor Exercise Pool</i>	10:45 am - 1:00 pm <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	10:00 am - 10:55 am <b>Pilates</b> <i>Lotus Studio</i>	
		2:00 pm - 4:00 pm <b>Open Lift</b> <i>Training Studio</i>	5:00 pm - 6:00 pm <b>Open Lift</b> <i>Training Studio</i>	12:00 pm - 2:00 pm <b>Open Lift</b> <i>Training Studio</i>	10:15 am - 10:45 am <b>Swim Lesson Preschool</b> <i>Indoor Exercise Pool</i>	
		3:00 pm - 5:00 pm <b>Women's Only Reserved Play</b> <i>Outdoor Pickleball Courts</i>	5:15 pm - 5:45 pm <b>Leg Day</b> <i>Move Studio</i>	12:00 pm - 3:00 pm <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	10:30 am - 11:25 am <b>Zumba®</b> <i>Move Studio</i>	

MON JUN 8	TUE JUN 9	WED JUN 10	THU JUN 11	FRI JUN 12	SAT JUN 13	SUN JUN 14
		4:45 pm - 5:15 pm WA <b>Swim Lesson Preschl/Preschool+</b> <i>Indoor Exercise Pool</i>	5:30 pm - 6:15 pm WA <b>Performance Ride</b> <i>Ride Studio</i>	1:00 pm - 4:00 pm WA <b>Open Swim</b> <i>Indoor Exercise Pool</i>	10:50 am - 11:20 am WA <b>Swim Lesson Preschool+</b> <i>Indoor Exercise Pool</i>	
		5:00 pm - 5:55 pm WA <b>Strength</b> <i>Move Studio</i>	5:30 pm - 6:25 pm WA <b>Ringside</b> <i>Strike Studio</i>	3:00 pm - 7:00 pm WA <b>Reserved Play</b> <i>Outdoor Pickleball Courts</i>	11:00 am - 12:00 pm WA <b>LIFT</b> <i>Training Studio</i>	
		5:20 pm - 6:20 pm WA <b>Pool Reserved for Lessons</b> <i>Indoor Exercise Pool</i>	5:50 pm - 6:30 pm WA <b>Swim Lesson Level 4</b> <i>Indoor Exercise Pool</i>	4:00 pm - 7:30 pm WA <b>Family Swim</b> <i>Indoor Exercise Pool</i>	11:25 am - 12:05 pm WA <b>Swim Lesson Level 1/2</b> <i>Indoor Exercise Pool</i>	
		5:30 pm - 6:15 pm WA <b>Barre</b> <i>Lotus Studio</i>	5:55 pm - 6:25 pm WA <b>Core</b> <i>Move Studio</i>	5:30 pm - 6:25 pm WA <b>Yoga Stretch</b> <i>Lotus Studio</i>	11:45 am - 12:00 pm WA <b>Area Reserved</b> <i>Strike Studio</i>	
		5:30 pm - 6:25 pm WA <b>Ringside</b> <i>Strike Studio</i>	6:00 pm - 6:55 pm WA <b>Yoga</b> <i>Lotus Studio</i>	7:30 pm - 9:45 pm WA <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	12:10 pm - 12:50 pm WA <b>Swim Lesson Level 3/4</b> <i>Indoor Exercise Pool</i>	
		5:30 pm - 7:30 pm WA <b>Pickleball Women's League</b> <i>Outdoor Pickleball Courts</i>	6:00 pm - 7:00 pm WA <b>LIFT</b> <i>Training Studio</i>		1:05 pm - 3:00 pm WA <b>Open Swim</b> <i>Indoor Exercise Pool</i>	
		6:05 pm - 6:50 pm WA <b>Core</b> <i>Move Studio</i>	6:35 pm - 7:20 pm WA <b>Strength</b> <i>Move Studio</i>		2:00 pm - 6:00 pm WA <b>Open Pickleball</b> <i>Outdoor Pickleball Courts</i>	
		6:30 pm - 7:15 pm WA <b>Yoga Stretch</b> <i>Lotus Studio</i>	6:45 pm - 7:00 pm WA <b>Area Reserved</b> <i>Strike Studio</i>		3:00 pm - 5:45 pm WA <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	
		6:30 pm - 8:00 pm WA <b>Open Lift</b> <i>Training Studio</i>	6:45 pm - 9:45 pm WA <b>Adult Swim</b> <i>Indoor Exercise Pool</i>			
		6:35 pm - 7:30 pm WA <b>Water Power</b> <i>Indoor Exercise Pool</i>	7:05 pm - 8:00 pm WA <b>Barre</b> <i>Lotus Studio</i>			
		7:45 pm - 9:45 pm WA <b>Adult Swim</b> <i>Indoor Exercise Pool</i>	7:30 pm - 8:15 pm WA <b>Boot Camp</b> <i>Move Studio</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 June 9, 2026 4:35 am