


**WAUWATOSA**  
**LARGE GYM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-5:55am Interval	5:30am-6:45am BODYPUMP®	5:00am-5:55am Interval	5:00am-5:45am Strength Express	5:15am-6:10am Core Express	6:30am-7:15am Open Gym	6:30am-8:20am Adult Open Gym
6:00am-7:50am Open Gym	6:50am-7:45am Open Gym	6:00am-8:45am Open Gym	5:45am-6:55am Boot Camp	6:15am-9:00am Open Gym	7:15am-8:25am Step through 9/28	8:30am-9:25am Zumba®
7:50am-9:00am Step Fusion	7:45am-9:00am Interval	9:00am-10:05am Strength LITE	7:00am-8:20am Open Gym	9:00am-9:50am Boot Camp Express	8:30am-9:25am Zumba®	9:30am-11:30am Parent/Youth Open Gym
9:00am-10:15am Strength LITE	9:00am-10:15am Strength	10:05am-11:00am Stretch	8:20am-9:25am Pilates	9:50am-10:55am Strength LITE	9:30am-10:45am BODYPUMP®	11:30am-2:30pm Intermediate Pickleball
10:30am-11:00am Kids' Clubhouse	10:30am-11:00am Kids' Clubhouse	11:00am-1:00pm Social Pickleball	9:30am-10:40am Cardio Circuit	11:00am-2:00pm Social Pickleball	11:00am-2:00pm Adult Open Gym	2:30pm-6:30pm Adult Open Basketball
11:30am-1:30pm Intermediate Pickleball	11:00am-1:00pm Social Pickleball	1:00pm-3:30pm Open Gym	11:00am-2:00pm Intermediate Pickleball	9/13 1:00pm-2:30pm Pickleball Workshop	2:00pm-4:00pm Parent/Youth Open Gym	
1:30pm-4:40pm Open Gym	1:00pm-2:00pm Intermediate Pickleball	5:15pm-6:45pm BODYPUMP®	2:00pm-4:45pm Open Gym	2:00pm-5:30pm Open Gym	4:00pm-6:30pm Adult Open Gym	
4:40pm-6:15pm BODYPUMP®	2:00pm-5:15pm Open Gym	6:45pm-9:30pm Adult Open Gym	4:45pm-6:00pm BODYPUMP®	5:30pm-7:30pm Adult Open Gym		
6:15pm-7:15pm Boot Camp	5:15pm-5:55pm Core Express		6:00pm-7:00pm Zumba®			
7:30pm-9:30pm Intermediate Pickleball	6:00pm-6:55pm Interval		7:00pm-8:00pm Adult Open Gym			
10/14 7:30pm-9:00pm Pickleball Workshop	7:00pm-8:00pm Adult Open Gym		8:00pm-9:30pm Open Soccer			
	8:00pm-9:30pm Open Soccer					

**GYM ETIQUETTE:**

While class is in session, do not enter the gym unless participating. Please allow 5 to 10 minutes before and after scheduled listings for set-up and clean-up.

Open Gym times are first come first serve. The space may be used for youth/adult basketball, pickleball or a space for working out.

During Parent/Youth Open Gym, one parent must be present with minor while in the gymnasium.

Adult Open Gym is for adults only.

COMPLIMENTARY CLASS	PICKLEBALL	SOCCER	OPEN GYM	RESERVED	ADULT OPEN GYM	ADULT OPEN BASKETBALL
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WAC WAUWATOSA  
**SMALL GYM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-9:00am Open Gym	4:00am-5:45am Open Gym	4:00am-8:45am Open Gym	4:00am-7:00am Open Gym	4:00am-8:15am Open Gym	6:30am-7:45am Open Gym	6:30am-6:30pm Open Gym
9:15am-10:10am Interval	5:45am-7:00am Cardio Circuit	8:45am-10:00am Pilates	7:10am-7:55am Stretch	8:15am-9:25am Yoga Flow	7:45am-9:00am Ringside	
10:30am-11:25am Chair Yoga	7:10am-7:55am Stretch	10:15am-11:15am Yoga LITE	8:15am-9:30am Ringside	9:30am-9:55am Kids' Clubhouse	9:15am-10:25am Strength	
11:30am-4:45pm Open Gym	8:05am-8:50am Ringside	11:20am-5:45pm Open Gym	9:30am-9:55am Kids' Clubhouse	10:00am-10:55am Zumba Gold®	10:30am-11:00am Kids' Clubhouse	
4:45pm-5:45pm Ringside	8:50am-10:00am Pilates	5:45pm-7:00pm Zumba®	10:00am-11:00am Balance & Stability	11:00am-8:00pm Open Gym	11:00am-6:30pm Open Gym	
5:45pm-7:00pm Zumba®	10:15am-11:10am Strength LITE	7:00pm-8:00pm Ringside	11:00am-5:45pm Open Gym			
7:00pm-9:30pm Open Gym	11:30am-5:45pm Open Gym	8:00pm-9:30pm Open Gym	5:45pm-7:00pm Strength			
	5:45pm-7:00pm Balance & Stability		7:00pm-9:30pm Intermediate Open Pickleball			
	7:00pm-9:30pm Social Pickleball					

Rooms are available for open use unless scheduled for classes, events or other activities.

**Please allow 5-10 minutes before and after scheduled listings for set-up and clean-up.**

Register for Advanced Classes and Workshops at the Front Desk.

COMPLIMENTARY CLASS	PREMIUM CLASS ☎	AREA RESERVED	WORKSHOP ☎	PICKLEBALL	OPEN GYM
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