

WAC FITNESS SCHEDULE*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5 am–12 pm
Basketball

12–1 pm
Core Cycle
with Alice

12–1:30 pm
Pickleball

1:30–2:30 pm
Boot Camp
with Michelle

3–6 pm
Basketball

6–7 pm
Blitz 45
with George

7–10 pm
Basketball

5 am–12 pm
Basketball

7–8 am
Max Cycle
with Michelle

9–10 am
Pickleball

10 am–5 pm
Basketball

3–5 pm
Watts Basketball

5–5:45 pm
Blitz 45
with George

6–7 pm
Core Cycle
with Emily

6–10 pm
Basketball

5 am–12 pm
Basketball

12–1 pm
Core Cycle
with Alice

12–1:30 pm
Pickleball

1:30–2:30 pm
Boot Camp
with Linda

3–6 pm
Basketball

6–7 pm
Blitz 45
with George

7–10 pm
Basketball

5–9 am
Basketball

9–10 am
Pickleball

7–8 am
Max Cycle
with Michelle

10 am–5 pm
Basketball

3–5 pm
Watts Basketball

5–5:45 pm
Blitz 45
with Linda

6–7 pm
Core Cycle
with Emily

6–10 pm
Basketball

5 am–10 pm
Basketball

6–9 am
Basketball

7–8 am
Max Cycle
with Michelle

9–10:30 am
Pickleball

10:30–11:30 am
Power Yoga
with Caroline

12–7 pm
Basketball

7 am–7 pm
Basketball

 GYM, 8TH FLOOR

 STUDIO C, 4TH FLOOR

* Reservations required via Mindbody.
Visit wac.net/mindbody
or search “Washington Athletic Club”
on the Mindbody app.

Please also see wac.net/online-fitness
for virtual class schedule.

Note: Shaded rectangles for visual representation only. Time periods noted are accurate.