

# WAC FITNESS SCHEDULE\*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5 am–12 pm  
Family Gym

5–7:30 am  
Family Gym

5 am–5 pm  
Family Gym

5–5 pm  
Family Gym

5–7 am  
Family Gym

7–9 am  
Open Gym  
Basketball

7–10 am  
Family Gym

12–1 pm  
Core Cycle  
with Alice

7–7:45 am  
Max Cycle  
with Michelle

10–10:45 am  
Get Fit  
with Jon

7–7:45 am  
Max Cycle  
with Michelle

7:30–9 am  
Masters Basketball

7–8 am  
Max Cycle  
with Michelle

10–11 am  
Women’s  
Basketball Team

12–1:30 pm  
Pickleball

7:30–9 am  
Masters Basketball

12–1 pm  
Core Cycle  
with Alice

5–6 pm  
Blitz 45  
with Linda

9 am–12 pm  
Family Gym

9–10:30 am  
Pickleball

11 am–7 pm  
Family Gym

1:30–6 pm  
Family Gym

8 am–5 pm  
Family Gym

12–1:30 pm  
Pickleball

6–7 pm  
Core Cycle  
with Alice

12–1 pm  
Open Gym  
Basketball

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

6–6:45 pm  
Blitz 45  
with George

5–5:45 pm  
Blitz 45  
with George

1:30–6 pm  
Family Gym

6–7 pm  
Family Gym

1–10 pm  
Family Gym

12–7 pm  
Family Gym

8–10 pm  
Family Gym

6–7 pm  
Core Cycle  
with Alice

6–6:45 pm  
Blitz 45  
with George

7–8 pm  
Open Gym  
Basketball

6–10 pm  
Family Gym

7–10 pm  
Family Gym

8–10 pm  
Family Gym

**GYM, 8TH FLOOR**

**STUDIO C, 4TH FLOOR**

\* Reservations required via Mindbody. Visit [wac.net/mindbody](http://wac.net/mindbody) or search “Washington Athletic Club” on the Mindbody app.

Please also see [wac.net/online-fitness](http://wac.net/online-fitness) for virtual class schedule.