

WLC Studio Schedule (Fall 2024) - Oct 14th - Oct 20th

Reserve a spot on the WLC App or at WLC Front Desk

* Be sure to check the app, look at the schedule outside the WLC Studio, or call the front desk (#6259) for the most up to date schedule.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
6:00 - 7:00	CLOSED	OPEN 6:00 - 10:10	OPEN 6:00 - 4:30	OPEN 6:00 - 10:10	OPEN 6:00 - 4:30	OPEN 6:00 - 10:10	CLOSED					
7:00 - 8:00												
8:00 - 9:00		CLOSED FOR CHAPEL 10:10 - 11:00		OPEN 6:00 - 4:30		CLOSED FOR CHAPEL 10:10 - 11:00		OPEN 6:00 - 4:30	CLOSED FOR CHAPEL 10:10 - 11:00			
9:00 - 10:00												
10:00 - 11:00												
11:00 - 12:00	OPEN 12:00 - 8:00	OPEN 11:00 - 4:15	OPEN 6:00 - 4:30	OPEN 11:00 - 4:15	OPEN 6:00 - 4:30	OPEN 8:00 - 8:00						
12:00 - 1:00												
1:00 - 2:00												
2:00 - 3:00												
3:00 - 4:00												
4:00 - 5:00							Yoga Sculpt - Prof. Lead 4:15 - 5:15	HIIT - Prof. Lead 4:30 - 5:30	Yoga Sculpt - Prof. Lead 4:15 - 5:15	HIIT - Prof. Lead 4:30 - 5:30		
5:00 - 6:00							OPEN 5:30 - 11:00	OPEN 6:30 - 11:00	OPEN 5:30 - 11:00	OPEN 6:30 - 11:00	Yoga - Prof. Lead 5:30 - 6:30	Yoga - Prof. Lead 5:30 - 6:30
6:00 - 7:00												
7:00 - 8:00												
8:00 - 9:00												
9:00 - 10:00	CLOSED	OPEN 5:30 - 11:00	OPEN 6:30 - 11:00	OPEN 5:30 - 11:00	OPEN 6:30 - 11:00	CLOSED						
10:00 - 11:00							CLOSED					