

GROUP FITNESS CLASS SCHEDULE

MONDAY			
Time	Class	Location	Instructor
8 a.m.	Aqua Fitness	P	Marci
9 a.m.	Kickboxing!	KS	George
9:30 a.m.	Slow Flow Yoga	PS	Nichole
10 a.m.	Strength Blast	AS	Tammy
6 p.m.	Bootcamp	AS	Reggie
6:30 p.m.	Slow Flow Yoga	PS	Jeff
TUESDAY			
Time	Class	Location	Instructor
9 a.m.	Balance, Core & Strength	AR	Lisa
10 a.m.	TRX Circuit	XFS	Chana
6 p.m.	Cycle	SS	Stephanie
6:30 p.m.	Restorative Yoga	PS	Caryn
6:30pm	Kickboxing!	KS	Dennis
WEDNESDAY			
Time	Class	Location	Instructor
6:15 a.m.	Cycle	SS	Will
8:00 a.m.	Aqua Fitness	P	Marci
9:00 a.m.	Kickboxing!	KS	George
10:00 a.m.	Strength Blast	AS	George
10:45 a.m.	Restorative Yoga	PS	Nichole
5:30 p.m.	Kickboxing!	K	George
5:45pm	Matt Pilates	PS	Beth

AS = Aerobics Studio

KS = Kickboxing Studio

P = Pool O=Outside FF=Fitness Floor

YS = Yoga Studio PS=Pilates Studio

SS = Spin Studio

XFS=Extreme Fitness Studio

THURSDAY			
Time	Class	Location	Instructor
9 a.m.	TRX Circuit	XFS	Lisa
10 a.m.	Cardio & Core	AS	Tammy
6 p.m.	Cycle	SS	Will
FRIDAY			
Time	Class	Location	Instructor
8 a.m.	Aqua Fitness	P	Marci
9 a.m.	Kickboxing!	KS	George
10 a.m.	Balance, Core & Strength	AS	Lisa
11 a.m.	Vinyasa Yoga	AS	Jeff
12 p.m.	Core Pilates	PS	Lyn
5:30 p.m.	Kickboxing!	KS	George
SATURDAY			
Time	Class	Location	Instructor
9 a.m.	Cycle	SS	Stephanie/Will
9 a.m.	Slow Flow Yoga	PS	Terence
10 a.m.	Treadmill Boot Camp	F	Stephanie
SUNDAY			
Time	Class	Location	Instructor
8:15 a.m.	Aqua Fitness	P	Tammy
8:30 a.m.	Vinyasa Yoga	PS	Jeff
9:15 a.m.	TRX Circuit	XFS	Tammy
10 a.m.	Kickboxing!	KS	George



Register for classes at <https://franklinclub.com> or 248-352-800 ext 273