



Group Fitness Schedule

Franklin Athletic Club 29350 Northwestern Hwy Southfield, MI 48034

For the most up-to-date schedule or to register for classes, please visit <https://franklinclub.com> or call 248-352-8000

MONDAY	8:00 am 9:00 am 9:30 am 10:00 am 5:30 pm 6:00 pm 6:00 pm	Aqua Kickboxing Slow Flow Yoga Strength Blast Basic Pilates** Bootcamp Slow Flow Yoga	Pool Kickboxing Studio Yoga Studio Aerobics Studio Pilates Studio Aerobics Studio Yoga Studio	Renee George J Nichole Stephanie L Katrice Reggie Jeff
TUESDAY	8:00 am 9:00 am 9:00 am 10:00 am 10:00 am 5:30 pm 6:00 pm 6:30 pm	Aqua Balance, Strength + Core Basic Pilates** Cycle Mat Pilates** Zumba Cycle Glute Gains & Sculpt	Pool Aerobics Studio Pilates Studio Spin Studio Pilates Studio Aerobics Studio Spin Studio Circuit Training Room	Marci Lisa Katrice Ken Katrice Cheryl Stephanie O Jessica P
WEDNESDAY	8:00 am 9:00 am 10:00 am 10:45 am 5:30 pm 6:30 pm 6:30 pm	Aqua Kickboxing Strength Blast Restorative Yoga Kickboxing Strength Blast Precision Barre**	Pool Kickboxing Studio Aerobics Studio Yoga Studio Kickboxing Studio Kickboxing Studio Pilates Studio	Marci George J George J Nichole George J George J Katrice
THURSDAY	9:00 am 9:00 am 9:00 am 10:00 am 10:00 am 5:30 pm 6:00 pm	Cycle Basic Pilates** Step Aerobics Strength & Stretch Precision Barre** Basic Pilates** Cycle	Spin Studio Pilates Studio Aerobics Studio Aerobics Studio Pilates Studio Pilates Studio Spin Studio	Ken Katrice Peri Peri Katrice Katelyn Will
FRIDAY	8:00 am 9:00 am 10:00 am 10:45 am 5:30 pm	Aqua Kickboxing Balance, Strength + Core Healthy Back Yoga Kickboxing	Pool Kickboxing Studio Aerobics Studio Yoga Studio Kickboxing Studio	Marci George J Lisa Barbara S George J
SATURDAY	9:00 am 9:00 am 9:00 am 10:00 am 10:00 am	Cycle Slow Flow Yoga Basic Pilates** Treadmill Bootcamp Zumba	Spin Studio Yoga Studio Pilates Studio Fitness Floor Aerobics Studio	Stephanie O Barbara O Katrice Stephanie O Cheryl
SUNDAY	8:00 am 8:30 am 9:00 am 10:00 am	Aqua Vinyasa Yoga TRX/Bootcamp Kickboxing	Pool Yoga Studio Fitness Floor Kickboxing Studio	Peggy Jeff George C George J

**Pre-registration required for all classes in Pilates Studio;
please cancel 24 hours in advance to avoid \$10 no-show fee.

Schedule updated 7/21/25