

# Group Fitness Classes

Franklin Recreation Complex (schedule is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am - 6:15am Ignite and Empower Indoor Cycling	8:30am - 9:30am Zumba	5:30am - 6:15am Ignite and Empower Indoor Cycling		5:30am - 6:15am Ignite and Empower Indoor Cycling	
8:30am - 9:30am Step Fusion	9:15am-10:15am Spinerval Indoor Cycling	8:30am-9:30am Fit Camp	8:30am - 9:30am Zumba	8:45am-9:30am Piloxing	8:30am - 9:15am Ignite and Empower Indoor Cycling
8:30am - 9:30am On the Road Again Indoor Cycling	9:40am - 10:40am Yoga	8:30am - 9:30am Inside Out Indoor Cycling	9:15am - 10:15am Spinerval Indoor Cycling	8:30am - 9:30am Spinerval Indoor Cycling	8:30am - 9:30am Chisel & Sculpt
9:40am-10:10am Training Wheels Indoor Cycling	10:50am - 11:30am Piloxing	9:40am - 10:40am Chisel & Sculpt	9:40am - 10:40am Yoga	9:40am - 10:40am Pilates Powerhouse	9:30am - 10:00am Training Wheels
9:40am-10:40am Chisel & Sculpt  10:50am-11:50am Zumba	4:00pm-5:00pm Zumba	10:50am - 11:50am Zumba	10:50am - 11:20am Pilates	10:50am - 11:50am Zumba	9:40am - 10:40am Zumba Toning
4:00pm-4:40pm Piloxing	5:05pm-5:20pm Absoglutely	4:15pm - 5:00pm Ignite and Empower Indoor Cycling	4:00pm-5:00pm Zumba Toning		10:50am - 11:30am Piloxing
5:00pm - 6:00pm i Burn	5:30pm-6:30pm Fit Camp Fusion	5:00pm - 5:55pm Chisel & Sculpt	5:20pm-6:00pm Piloxing	5:00pm - 6:00pm i Burn	<b><u>SUNDAY</u></b>
5:30pm - 6:30pm Inside Out Indoor Cycling	6:00pm-6:45pm On the Road Again Family Ride	5:55pm - 6:10pm Absoglutely	5:30pm-6:00pm Training Wheels Indoor Cycling		2:00pm-2:40pm Piloxing
6:10pm - 7:10pm Zumba		6:20pm - 7:20pm Zumba Toning	6:00pm-7:00pm Inside Out Indoor Cycling	6:10pm - 7:10pm Zumba	2:45pm-3:45pm Zumba
			6:10pm - 7:10pm Zumba		4:00pm-5:00pm Fit Camp Fusion