



Franklin | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Strength Full Body Studio 1	4:15PM-5:15PM (Strength) <i>Julie B.</i>	10:30AM-11:30AM (Strength) <i>Beth P.</i> 6:35PM-7:30PM (Strength) <i>Carissa L.</i>				8:00AM-9:00AM (Strength) <i>Beth P.</i>	
BARRE Studio 2	4:15PM-5:15PM (Strength) <i>Tara B.</i>	8:15AM-9:15AM (Strength) <i>Tara B.</i> 5:30PM-6:30PM (Strength) <i>Colleen D.</i>	10:45AM-11:45AM (Strength) <i>Elizabeth P.</i> 4:15PM-5:15PM (Strength) <i>Tara B.</i>	6:30AM-7:30AM (Strength) <i>Tara B.</i> 4:15PM-5:15PM (Strength) <i>Emily C.</i>	8:30AM-9:30AM (Strength) <i>Colleen D.</i>	9:15AM-10:15AM (Strength) <i>Tara B.</i>	
Karate (\$) Studio 3	5:00PM-7:00PM (Fee Based Classes) <i>Mark B.</i>		5:00PM-7:00PM (Fee Based Classes) <i>Mark B.</i>				
Indoor Cycling Cycle Studio	5:30PM-6:30PM (Cycling) <i>Emily C.</i>		5:15AM-6:00AM (Cycling) <i>Maggie S.</i> 9:00AM-10:00AM (Cycling) <i>Audrea W.</i> 5:30PM-6:30PM (Cycling) <i>Emily C.</i>	9:15AM-10:15AM (Cycling) <i>Maggie S.</i>	5:30AM-6:30AM (Cycling) <i>Emily C.</i>		
Vinyasa Yoga Studio 2	5:30PM-6:30PM (Mind & Body) <i>Pat W.</i>	9:30AM-10:30AM (Mind & Body) <i>Pat W.</i>	6:45AM-7:45AM (Mind & Body) <i>Julie B.</i>	9:30AM-10:30AM (Mind & Body) <i>Pat W.</i>	6:45AM-7:45AM (Mind & Body) <i>Julie B.</i>	8:00AM-9:00AM (Mind & Body) <i>Julie B.</i>	
BODYATTACK Studio 1	5:30PM-6:15PM (Cardio) <i>Marcy B.</i>	9:30AM-10:15AM (Cardio) <i>Amanda B.</i>	5:30PM-6:15PM (Cardio) <i>Grace M.</i>				

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BODYPUMP Studio 1	6:30PM-7:30PM (Strength) <i>Marcy B.</i>	7:00AM-8:00AM (Strength) <i>Sarah T.</i> 8:15AM-9:15AM (Strength) <i>Sarah T.</i> 4:15PM-5:15PM (Strength) <i>Shannon M.</i>	9:15AM-10:15AM (Strength) <i>Amanda B.</i> 4:15PM-5:00PM (Strength) <i>Wynedka P.</i>	7:00AM-8:00AM (Strength) <i>Amanda B.</i> 4:15PM-5:15PM (Strength) <i>Shannon M.</i> 6:35PM-7:20PM (Strength) <i>Rachel A.</i>	10:30AM-11:30AM (Strength) <i>Andrea B.</i>	10:30AM-11:30AM (Strength) <i>Marcy B.</i>	9:30AM-10:30AM (Strength) <i>Marcy B.</i> 2:00PM-3:00PM (Strength) <i>Candace W.</i>
Open Swim (Full Therapy Pool) Therapy Pool	6:45PM-8:00PM (Therapy And Warm Water Pools)	5:00AM-7:30PM (Therapy And Warm Water Pools) 9:35AM-8:30PM (Therapy And Warm Water Pools)	5:00AM-7:30AM (Therapy And Warm Water Pools) 11:35AM-8:30PM (Therapy And Warm Water Pools) 6:45PM-9:45PM (Therapy And Warm Water Pools)	6:00AM-7:30AM (Therapy And Warm Water Pools) 9:30AM-9:45PM (Therapy And Warm Water Pools)	6:00AM-6:30AM (Therapy And Warm Water Pools) 11:30AM-8:45PM (Therapy And Warm Water Pools)	7:00AM-7:15AM (Therapy And Warm Water Pools) 9:45AM-7:45PM (Therapy And Warm Water Pools)	12:30PM-5:45PM (Therapy And Warm Water Pools)
Open Swim Outdoor Pool	7:00PM-10:00AM (Outdoor Pool)	10:00AM-7:00PM (Outdoor Pool)	10:00AM-7:00PM (Outdoor Pool)	10:00AM-7:00PM (Outdoor Pool)	10:00AM-7:00PM (Outdoor Pool)	10:00AM-5:30PM (Outdoor Pool)	12:30PM-5:30PM (Outdoor Pool)
Open Gym Gym		5:00AM-11:00AM (Gym) 1:00PM-9:00PM (Gym)	5:00AM-9:00AM (Gym) 9:30AM-11:00AM (Gym) 11:30AM-1:00PM (Gym) 2:00PM-9:00PM (Gym)	5:00AM-11:00AM (Gym) 2:00PM-9:00PM (Gym)	5:00AM-9:00PM (Gym)	7:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	9:00AM-6:00PM (Gym)
Les Mills GRIT Series Studio 1		5:30AM-6:00AM (Circuit Training) <i>Rachel A.</i>		5:30AM-6:00AM (Circuit Training) <i>Rachel A.</i>			4:00PM-4:30PM (Circuit Training) <i>Josh L.</i>
Lap Swim - 3 Lanes Pool		6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)	7:00AM-5:30PM (Lap Pools)	12:30PM-5:30PM (Lap Pools)
Les Mills PILATES Studio 1		6:05AM-6:50AM (Mind & Body) <i>Rachel A.</i>		6:05AM-6:50AM (Mind & Body) <i>Rachel A.</i>			
Yoga Studio 3		8:15AM-9:15AM (Mind & Body) <i>Tracey R.</i>		8:15AM-9:15AM (Mind & Body) <i>Tracey R.</i>			
Group Exercise Class - Therapy Pool Therapy Pool		8:30AM-9:30AM (Therapy And Warm Water Pools)	6:00AM-11:30AM (Therapy And Warm Water Pools)	7:30AM-9:25AM (Therapy And Warm Water Pools)	6:30AM-11:25AM (Therapy And Warm Water Pools)	7:30AM-9:30AM (Therapy And Warm Water Pools)	

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H2O Circuit Pool		8:30AM-9:30AM (Aquatics) <i>Amy M.</i>	7:30AM-8:25AM (Aquatics) <i>Lynn L.</i>	6:30AM-7:15AM (Aquatics) <i>Susan M.</i> 7:30AM-8:25AM (Aquatics) <i>Lynn L.</i>	6:30AM-7:15AM (Aquatics) <i>Susan M.</i> 7:30AM-8:25AM (Aquatics) <i>Mickie C.</i>	7:30AM-8:25AM (Aquatics) <i>Susan M.</i> 8:30AM-9:30AM (Aquatics) <i>Susan M.</i>	
AOA Circuit Studio 3/Track		9:30AM-10:30AM (Active Older Adults) <i>Cheryl S.</i>	9:35AM-10:35AM (Active Older Adults) <i>Beth P.</i>	9:30AM-10:25AM (Active Older Adults) <i>Cheryl S.</i>	9:30AM-10:30AM (Active Older Adults) <i>Leslie F.</i>		
Dance Blast/Strength Fusion Studio 2		10:45AM-11:45AM (Dance) <i>Lara B.</i>					
Restorative Yoga Studio 3		10:45AM-11:45AM (Mind & Body) <i>Lou A.</i>					
Pickleball Gym		11:00AM-1:00PM (Gym)		11:00AM-2:00PM (Gym)		12:00PM-3:00PM (Gym)	
AOA Strength Studio 1		12:00PM-1:00PM (Active Older Adults) <i>Renee L.</i>		12:00PM-1:00PM (Active Older Adults) <i>Renee L.</i>			
Stretch & Recover Studio 3		12:00PM-12:45PM (Mind & Body) <i>Lori C.</i>					
Foam Rolling Studio 3		1:00PM-1:30PM (Mind & Body) <i>Lori C.</i>					
Basic Yoga Studio 1		1:10PM-2:10PM (Mind & Body) <i>Renee L.</i>		1:10PM-2:10PM (Mind & Body) <i>Renee L.</i>			
Boot Camp Studio 2		4:15PM-5:15PM (Circuit Training) <i>Beth P.</i>					
Advanced Vinyasa Yoga Studio 3		4:30PM-5:15PM (Mind & Body) <i>Tracey R.</i>		4:30PM-5:15PM (Mind & Body) <i>Tracey R.</i>			
BODYCOMBAT Studio 1		5:30PM-6:30PM (Martial Arts) <i>Marcya B.</i>	6:30PM-7:30PM (Martial Arts) <i>Kim E.</i>				12:45PM-1:45PM (Martial Arts) <i>Marcya B.</i>
Les Mills SPRINT Cycle Studio		5:30PM-6:00PM (Cycling) <i>Wynedka P.</i>		6:00PM-6:30PM (Cycling) <i>Emily M.</i>	12:00PM-12:30PM (Cycling) <i>Emily M.</i>	8:30AM-9:00AM (Cycling) <i>Lauren B.</i> 9:30AM-10:00AM (Cycling) <i>Wynedka P.</i>	2:30PM-3:00PM (Cycling) <i>Wynedka P.</i>

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BODYBALANCE Studio 3		5:30PM-6:30PM (Mind & Body) <i>Elizabeth P.</i>			11:30AM-12:30PM (Mind & Body) <i>Rachel A.</i>	10:30AM-11:30AM (Mind & Body) <i>Shannon M.</i>	
Les Mills CORE Studio 2		6:35PM-7:05PM (Strength) <i>Wynedka P.</i>			12:45PM-1:15PM (Strength) <i>Emily M.</i>	10:30AM-11:00AM (Strength) <i>Wynedka P.</i>	3:15PM-3:45PM (Strength) <i>Wynedka P.</i>
Dance Blast Studio 3		6:45PM-7:45PM (Dance) <i>Brandon G.</i>					
Boot Camp Studio 1			5:30AM-6:30AM (Circuit Training) <i>Julie B.</i>	10:00AM-11:00AM (Circuit Training) <i>Audrea W.</i>	9:15AM-10:15AM (Circuit Training) <i>Heidi P.</i> 5:30PM-7:00PM (Circuit Training) <i>Michael J.</i>		
FIT Women (\$) Studio 1			6:50AM-7:50AM (Fee Based Classes) <i>Beth P.</i>		6:50AM-7:50AM (Fee Based Classes) <i>Beth P.</i>		
Cycle Blast Cycle Studio			7:15AM-8:10AM (Cycling) <i>Audrea W.</i>				
Step Studio 1			8:00AM-8:45AM (Cardio) <i>Beth P.</i>				
Total Strength Core Studio 2			8:15AM-8:45AM (Strength) <i>Audrea W.</i>				
Hydrorider Pool			8:30AM-9:25AM (Aquatics) <i>Lynn L.</i>	8:30AM-9:25AM (Aquatics) <i>Lynn L.</i>	8:30AM-9:25AM (Aquatics) <i>Mickie C.</i>		
AOA Dance Studio 3			8:50AM-9:35AM (Active Older Adults) <i>Beth P.</i>				
Born to Move Gym			9:00AM-9:30AM (Gym) 11:00AM-11:30AM (Gym)				
Dance Blast Studio 2			9:00AM-10:00AM (Dance) <i>Lara B.</i>				2:00PM-3:00PM (Dance) <i>Alana W.</i>
H2O Flexibility Pool			9:30AM-10:25AM (Aquatics) <i>Smarnunt M.</i>		9:30AM-10:25AM (Aquatics) <i>Mickie C.</i>		

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Les Mills BORN TO MOVE Gym			9:30AM-10:00AM (Youth & Family) <i>Jazz J.</i>				
BODYBALANCE Studio 2			10:05AM-10:35AM (Mind & Body) <i>Elizabeth P.</i>				12:45PM-1:45PM (Mind & Body) <i>Allison A.</i>
Water Volleyball Therapy Pool			10:30AM-11:30AM (Aquatics) <i>Smarmunt M.</i>				
Kickboxing/Strength Fusion Studio 1			10:30AM-11:30AM (Circuit Training) <i>Kathleen F.</i>	5:30PM-6:30PM (Circuit Training) <i>Colleen D.</i>			
Mat Pilates Studio 3			11:00AM-12:00PM (Mind & Body) <i>Leslie F.</i>				
AOA Yoga Studio 1			12:00PM-1:00PM (Active Older Adults) <i>Smarmunt M.</i>				
Yoga Studio 2			12:00PM-1:00PM (Mind & Body) <i>Renee L.</i> 6:45PM-7:45PM (Mind & Body) <i>Angela D.</i>				
BrightStone Gym			1:00PM-2:00PM (Gym)				
Functional Balance Studio 1			1:15PM-2:15PM (Active Older Adults) <i>Leslie F.</i>				
Zumba Studio 2			5:30PM-6:30PM (Dance) <i>Elizabeth P.</i>	8:15AM-9:15AM (Dance) <i>Leslie D.</i>			
Total Strength Core Studio 1				8:15AM-8:40AM (Strength) <i>Audrea W.</i>			
Plates & Weights Studio 1				8:45AM-9:45AM (Strength) <i>Audrea W.</i>			
Total Strength Core Studio 3				10:30AM-10:55AM (Strength) <i>Maggie S.</i>			
Restorative Yoga Studio 2				10:45AM-11:45AM (Mind & Body) <i>Lou A.</i>			

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Zumba Gold Studio 3				11:00AM-11:45AM (Active Older Adults) <i>Sarah S.</i>			
Les Mills PILATES Studio 2				5:45PM-6:30PM (Mind & Body) <i>Rachel A.</i>		11:15AM-12:00PM (Mind & Body) <i>Wynedka P.</i>	
Dance Blast/Strength Fusion Studio 3				6:00PM-7:00PM (Dance) <i>Javin B.</i>			
Step/Strength Fusion Studio 1					8:00AM-9:00AM (Circuit Training) <i>Beth P.</i>		
Zumba Toning Studio 2					9:45AM-10:45AM (Dance) <i>Laura B.</i>		
Water Volleyball Pool					10:30AM-11:30AM (Aquatics) <i>Mickie C.</i>		
Mat Pilates Studio 2					11:00AM-12:00PM (Mind & Body) <i>Leslie F.</i>		
AOA Circuit Studio 1					12:00PM-1:00PM (Active Older Adults) <i>Lynn L.</i>		
Cardio Drumming Studio 1					1:10PM-2:00PM (Cardio) <i>Lynn L.</i>		
Dance Blast Studio 1						9:15AM-10:15AM (Dance) <i>Trina S.</i>	
BODYCOMBAT Studio 3						9:15AM-10:15AM (Martial Arts) <i>Marcy B.</i>	