

# Team Fitness Franklin

## Group Exercise and Specialty Class Schedule

Spring 2011/ Effective:4/25/11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:30 am	TRX @ 5:30 Tim	Spin @ 5:30 Ann M	TRX @ 5:30 Tim	Crossfit 2 @ 5:30 Lisa	TRX @ 5:30 Tim		
7:30-8:30 am	Crossfit 2 @ 5:30 Mike H		Crossfit 2 @ 5:30 Mike H			Spin @ 7:15 Chris A	
8:15-9:15 am	Prime Time Conditioning @ 8:15 Dave		Prime Time Conditioning @ 8:15 Dave		Yoga @ 8:00 Annie D	Body Sculpt @ 8:30 Chris A	Spin @ 8:15 Maria
9:00-10:00 am		TRX @ 9:00 Dan / Chirs					
9:15-10:15 am	Body Sculpt @ 9:15 Chris A		Spin @ 9:15 Tom	Zumba @9:15 Karin	Spin @ 9:15 Tom	Crossfit 2 @ 9:30 Lee	Yoga @ 9:30 Annie
10:00-5:00 pm	Crossfit 2 @ 9:30 Lee	Yoga @ 10:15 Annie	Crossfit 2 @ 9:00 Lee	Pilates @10:15 Chris A	Crossfit 2 @ 9:00 Lee	Crossfit 2 @ 10:30 Lee	
	Spin @ 10:15 Ann M.		Crossfit 2 @ 10:00 Lee		Crossfit 2 @ 10:00 Lee		
	Spin @5.00 Annie			Crossfit 2 @ 5:00 Lee			
6:00-7:00 pm	Yoga @ 6:00 Sharon	Spin @ 6:00 Linda C	Zumba @6:00 Karin	Sculpt @6:00 Chris A			
	Crossfit 2 @ 6:30 Lee	Crossfit 1 @ 6:00 Mike H	Crossfit 2 @ 6:00 Lisa		Spin @ 6:00 Tom		
7:00-8:00 pm		Pilates @ 7:00 Chris A		20/20/20 @ 7:00 Linda F			
	TRX @ 7:00 Dan / Chirs		TRX @ 7:00 Dan / Chirs	Crossfit 2 @ 7:00 Lee			