

Team Fitness Franklin

Group Exercise and Specialty Class Schedule

Spring 2010/ Effective:4/26/10

	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			
7:30-8:30 am						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 @ 8:00 Joe
9:00-10:00 am						Yoga @ 9:30 Annie	Boot Camp 9:15 Linda F
9:15-10:15 am	Body Sculpt @ 9:15 Chris A	Kick & Core @ 9:15 Annie	Spin @ 9:15 Tom	Zumba @9:15 Karin	Spin @ 9:15 Tom	Crossfit 2 @ 10:00 Lee	
10:00-5:00 pm	Crossfit 2 @ 10:00 Lee	TRX Intro @ 10:15 Dan / Chirs	Crossfit 2 @ 10:00 Lee	Pilates @10:15 Chris A		Crossfit 2 @ 12:00 Lee	TRX @ 10:15 Dan/Maria
	Spin @ 10:15 Ann M. & Annie						
				Crossfit 2 @ 5:00 Lee	TRX @ 5:00 Dan & Maria		
6:00-7:00 pm	Yoga @ 6:00 Sharon	Spin @ 6:00 Linda C	Zumba @6:00 Karin	Body Sculpt @ 6:00 Chris A	Spin @ 6:10 Tom		
		Crossfit 1 @ 6:00 Chris S					
7:00-8:00 pm	Boot Camp @ 7:00 Annie	Pilates @7:10 Chris A	TRX Intro @ 7:00 Dan / Chirs	Cardio Dance @7:00 Jillian			
	Crossfit 2 @ 7:00 Lee			Crossfit 2 @ 7:00 Lee			
8:00-9:00 pm	Tai Chi @ 8:00 Lee						

508- 541- 8330

www.teamfitnessfranklin.com

www.crossfit-franklin.com

48 Hour Reservation Policy

Free Group Exercise Classes

Highlighted Boxes: Specialty Classes