



**Schedule NRG Lab Franklin Effective 1/2/2020**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Morning</b>		<b>Spin</b> Stacey/Michael/Linda 5:30-6:30AM	<b>Spin</b> Linda 5:30-6:30AM	<b>Spin</b> Bob (Feb 5 start date) 5:30-6:30AM	<b>Spin</b> Linda 5:30-6:30AM		<b>Muscle</b> (pop-up basis for winter) Please check App Karin 7:00-8:00AM	
		<b>Spin</b> Maria 6:45-7:30AM				<b>Ride</b> Maria 6:45-7:30AM		
		<b>Silver Sneakers</b> Maria 7:30-8:30AM	<b>Pilates Fusion</b> Judith 7:30-8:30AM	<b>Silver Sneakers</b> Maria 7:30-8:30AM	<b>Core Yoga</b> Jessica 7:30-8:30AM	<b>Silver Sneakers</b> Maria 7:30-8:30AM		<b>Zumba®</b> Carlos 8:00-9:00AM
		<b>Spin</b> Michael 8:30-9:30AM		<b>Core and Stretch</b> Judith 8:30-9:00AM	<b>Spin</b> Chris 8:00-9:00AM	<b>Pound®</b> Judith 8:30-9:30AM		<b>Spin</b> Bob 8:00-9:00AM
			<b>Muscle</b> Heather 9:00-10:00a		<b>Barre Fusion</b> Chris 9:00-10:00AM			<b>Muscle</b> Tim 9:00-10:00AM
		<b>CSP Circuit</b> Lauren 9:30-10:30AM					<b>Core and Stretch</b> Tim 10:00-10:30a	
		<b>Yoga</b> Stacey 10:30-11:30AM						
	<b>Evening</b>					<b>Ride</b> Maria 5:00-6:00PM		
			<b>Loops and Abs</b> Karin 6:00-7:00PM	<b>Pilates Fusion</b> Stacey 6:00-7:00PM	<b>Muscle</b> Karin 6:00-7:00PM	<b>CSP Circuit</b> Karin 6:00-7:00PM		
			<b>Zumba®</b> Karin 7:00-8:00PM	<b>Spin</b> Stacey 7:00-8:00PM	<b>Zumba®</b> Karin 7:00-8:00PM	<b>Zumba®</b> Carlos 7:00-8:00PM		
			<b>Yoga</b> Jackie 7:00-8:00PM					