

November

Franklin Park & Rec. Fitness Schedule

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9am – Platinum Zumba	2
3 3-5pm - Lap Swim 4pm – Aqua 2.0	4 9am – Platinum Zumba 6pm – TBR 6pm – Aquacise 6-8pm - Lap Swim	5 6-8pm - Lap Swim 6pm – Aqua 2.0	6 9am – Platinum Zumba 6pm – CycleFit 6pm – Total Body Reset (TBR)	7 6-8pm - Lap Swim 6pm – Aqua 2.0 6:30pm – Zumba Toning	8 9am – Platinum Zumba	9
10 3-5pm - Lap Swim 4pm – Aqua 2.0	11 9am – Platinum Zumba 6pm – TBR 6pm – Aquacise 6-8pm - Lap Swim	12 6-8pm - Lap Swim 6pm – Aqua 2.0	13 9am – Platinum Zumba 6pm – CycleFit 6pm – Total Body Reset (TBR)	14 6-8pm - Lap Swim 6pm – Aqua 2.0 6:30pm – Zumba Toning	15 9am – Platinum Zumba	16
17 3-5pm - Lap Swim 4pm – Aqua 2.0	18 9am – Platinum Zumba 6pm – TBR 6pm – Aquacise 6-8pm - Lap Swim	19 6-8pm - Lap Swim 6pm – Aqua 2.0	20 9am – Platinum Zumba 6pm – CycleFit 6pm – Total Body Reset (TBR)	21 6-8pm - Lap Swim 6pm – Aqua 2.0 6:30pm – Zumba Toning	22 9am – Platinum Zumba	23
24 3-5pm - Lap Swim 4pm – Aqua 2.0	25 9am – Platinum Zumba 6pm – TBR 6pm – Aquacise 6-8pm - Lap Swim	26 6-8pm - Lap Swim 6pm – Aqua 2.0	27 9am – Platinum Zumba 6pm – CycleFit 6pm – Total Body Reset (TBR)	28 THANKSGIVING DAY	29 9am – Platinum Zumba	30