

Kids Fit Schedule

Brighton Recreation Center Group Fitness Classes

Class schedule may change monthly. Please see website or download the "Brighton Recreation Center" APP for most up to date schedule.



= Cycling Studio



= Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LES MILLS RPM 5:45-6:45a			tone 6:00-7:00a		Yoga 7:15-8:15a
Yoga Basics 7:00-8:00a		Yoga Basics 7:00-8:00a		Yoga Basics 7:00-8:00a	BogaFit 7:30 -8:15 a
H2O Fitness 8:30-9:30a		H2O Fitness 8:00-9:00 a	H2O Combo 8:30-9:30a	H2O Fitness 8:00-9:00 a	
LES MILLS RPM 9:00-9:45a	Dance Jam 9:00-10:00a	LES MILLS BODYCOMBAT 9:00-10:00a	Dance Jam 9:00-10:00a		Dance Jam 9:15-10:15a
Zumba 10:00-11:00a	Cycling 9:00-9:45a	LES MILLS RPM 9:00-9:45a	Cycling 9:00-9:45a	LES MILLS RPM 9:00-9:45a	
Classic 11:00-12:00p	LES MILLS BODYCOMBAT 10:30-11:30a		LES MILLS BODYCOMBAT 10:00-11:00a	Dance Jam 10:00 - 11:00 a	
BogaFit 12:00 -12:45 p		BogaFit 12:00 -12:45 p		BogaFit 12:00 -12:45 p	
Zumba 10:00-11:00a					
Pilates Plus 5:30-6:30p	*BogaFit 7:00 -7:45p	Pilates Plus 5:30-6:30p	*BogaFit 7:00 -7:45p		
	LES MILLS BODYCOMBAT 6:30-7:30 p	Dance Jam 6:30-7:30p	Dance Jam 6:30-7:30p		
	Flow Yoga 6:30-7:30p Room 101	LES MILLS RPM 6:30 pm	Flow Yoga 6:30-7:30p Room 101		
* Kids allowed in the fitness classes need to be accompanied by a legal guardian.					
Mon-Fri 8:00AM-11:30A		Mon-Thurs 5:30PM-8:30P		Sat 8:00AM-11:00AM	