


















Kids Fit Schedule

Brighton Recreation Center Group Fitness Classes

Updated July-21

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
 Cycling** 6:00-6:45a		 Cycling** 6:00-6:45a	 ** 6:00-7:00a	 Cycling** 6:00-6:45a	
	Yoga Basics** 7:30-8:15a			Yoga** 7:30-8:15a	Boot Camp ** 8:00-8:50a
	 ** 9:00-9:45a	Yoga** 8:00-8:45a	 ** 9:00-10:00a	 Aqua Fitness** 9:00-9:45a	
	 Aqua Fitness** 10:30-11:30a	Barre** 9:00-9:45a	 Aqua Fitness** 10:30-11:30a		
Dance Jam** 10:00-11:00a		 Aqua Fitness** 10:30-11:30a			
		 BogaFit** 12:15 p.m.		 BogaFit** 12:15 p.m.	
	Yoga** 5:00-5:45p				
 Cycling** 6:00-6:45p	 ** 6:00-6:45p	 Cycling** 6:00-6:45p	Dance Jam** 6:00-6:45p		

** Children 8+ allowed with adult supervision in class

Morning- Mon-Sat 8:30AM-11:30A

Evening -Mon-Thurs 5:30PM-7:30P