

FRANCO'S

GROUP EXERCISE SCHEDULE

<i>effective</i> 12.01.15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Club Hours	4:45am - 10:00pm	4:45am - 10:00pm	4:45am - 10:00pm	4:45am - 10:00pm	4:45am - 8:00pm	7:00am - 7:00pm
5:00am	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	7:00am Studio Cycling
5:15am	BODYCOMBAT (S1)					8:00am Yoga (MB) BODYATTACK (S1)
5:30am		BODYPUMP (S1)	Yoga (MB)	BODYPUMP Xpress (S1)		9:00am Studio Cycling BODYPUMP (S1)
6:00am		Studio Cycling		Studio Cycling		9:15am Barre Fitness (MB)
6:15am				CXWORX (S1)		10:00am BODYCOMBAT (S1)
7:00am	F.I.T. Circuit		F.I.T. Circuit Boot Camp (S1)		F.I.T. Circuit	10:30am Pilates Mat (MB)
7:30am	Barre Fitness (MB)	BODYCOMBAT (S1)	Yoga (MB)	BODYATTACK (S1)	BODYCOMBAT (S1) Yoga (MB)	11:00am BODYJAM (S1)
8:00am			CX Worx (S1)			12:00pm Zumba (S1)*
8:30am	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Sunday
	Boot Camp (S1)	Load & Xplode (S1)	BODYCOMBAT (S1)	Load & Xplode (S1)	Zumba (S1)	
	Yoga Stretch (MB) F.I.T. Circuit	Yoga Stretch (MB)	Barre Fitness (MB) F.I.T. Circuit	Yoga Stretch (MB)	Barre Fitness (MB) F.I.T. Circuit	
9:00am	Studio Cycling	Studio Cycling	Studio Cycling	RPM Cycle	Studio Cycling	9:00am - 6:00pm
9:30am	BODYPUMP (S1) Barre Fitness (MB)	CXWORX (MB)		CXWORX (MB)	Barre Fitness (MB)	9:00am BODYCOMBAT (S1)
9:35am		Power Kick Circuit (S1)	Sculpt (S1) Roll & Release (MB)	Cardio X-Fitness (S1)	BODYPUMP (S1)	9:30am Studio Cycling
10:00am	Dancin' to the Oldies (gym)	Sr. FIT Circuit	Dancin' to the Oldies (gym)	Sr. FIT Circuit	Dancin' to the Oldies (gym)	Have you downloaded Franco's App? Group Ex Director, Leslee Schulz 792- 0278 S1: Studio 1; MB: Mind & Body Studio; MFT: Multi- Functional Training Studio
10:05am		Barre Fitness (MB) CXWORX (MFT)		Barre Fitness (MB) CXWORX (MFT)		
10:30am	CXWORX (MFT)					
11:00am	SilverSneakers Classic° (S1)	BODYFLOW (S1)	SilverSneakers Classic° (S1)	Pilates Mat (S1)	SilverSneakers Classic° (S1)	
	Yoga (MB)	Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)	
12:05pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)		
12:15pm	Parkinson's Class (S1)			1:15pm Parkinson's Class (S1)		
3:30pm		iCan (S1)		iCan (S1)		
4:15pm	BODYSTEP Xpress (S1)		BODYSTEP Xpress (S1)			
4:30pm		Barre Fitness (MB) BODYPUMP (S1)		Barre Fitness (MB) BODYPUMP (S1)	Studio Cycling	
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)			
5:30pm	Yoga (MB) Studio Cycling	Yoga (MB) BODYATTACK (S1)	BODYFLOW (MB) Studio Cycling	Yoga (MB) Zumba (S1)		
6:00pm	CXWORX (S1)	Studio Cycling	CXWORX (S1)	RPM Cycle		
6:30pm	BODYCOMBAT (S1) Roll & Release (MB)	Zumba (S1)	BODYCOMBAT (S1) Barre Fitness (MB)	Pound Fitness (S1)*		

*Family Friendly Class (5 & up with adult)

Exercise Classes are 55 minutes unless stated otherwise. GX Schedule & Instructors subject to change.



www.myfrancos.com
985.792.0200