

FRANCO'S

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00am	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	7:00am Cycling	
5:15am	BODYCOMBAT (S1)		BODYCOMBAT (S1)				
5:30am		BODYPUMP (S1)	Yoga (MB)	BODYPUMP XPRESS			
6:00am		Studio Cycling		Studio Cycling			
6:15am				CXWORX (S1)			
6:30am			SPRINT CYCLE				
7:00am	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	8:00am Yoga (MB) BODYATTACK (S1)	
			Boot Camp (S1)				
7:30am	BODYCOMBAT (S1)	BODYCOMBAT (S1)	Yoga (MB)	BODYATTACK (S1)	BODYCOMBAT(S1)		8:15am SPRINT Cycle
	Yoga Stretch (MB)				YOGA (MB)		
8:00am			CXWORX (S1)				
8:30am	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)		9:00am Studio Cycling BODYPUMP (S1)
	Boot Camp (S1)	Body Blast (S1)	BODYCOMBAT (S1)	Total Body Conditioning (S1)	Zumba (S1)		
	Pilates Mat (MB)	Yoga Stretch (MB)	Pilates Mat (MB)	Yoga Stretch (MB)	Barre Fitness (MB)		
	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit		
9:00am	Studio Cycling	Studio Cycling	Studio Cycling	RPM Cycle	Studio Cycling	9:15am Barre Fitness (MB)	
9:30am	BODYPUMP (S1)	CXWORX (MB)	Barre Fitness (MB)	CXWORX(MB)	BODYPUMP (S1)		
	Barre Fitness (MB)				Barre Fitness (MB)		
9:35am		Power Circuit (S1)	Sculpt (S1)	BODYCOMBAT (S1)		10:00am BODY COMBAT (S1)	
10:00am		Sr. F.I.T. Circuit		Sr. F.I.T. Circuit			
10:05am		Barre Fitness (MB)		Barre Fitness (MB)			
		CXWORX (MFT)		CXWORX (MFT)			
10:30am		SPRINT Cycle			SPRINT Cycle	11:00am Zumba (S1)*	
10:35am	Dancin' to the Oldies		Dancin' to the Oldies		Dancin' to the Oldies		
11:00am	Yoga (MB)	BODYFLOW (S1)		Pilates Mat (S1)		SUNDAY 9:00am BODY COMBAT (S1) 9:30am Studio Cycling 10:00am CXWORK (S1) 10:30am BODY PUMP (S1)	
11:05am		Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)		
11:30am	SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		
12:05pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)			
12:45pm	Parkinson's Class						
1:15pm				Parkinson's Class			
3:30pm		Allstars (S1)		Allstars (S1)			
4:15pm	BODYSTEP Xpress		BODYSTEP Xpress				
4:30pm		Barre Fitness (MB)		Barre Fitness (MB)	Studio Cycling		
		BODYPUMP (S1))		BODYPUMP (S1))			
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)				
5:15pm		SPRINT Cycle					
5:30pm	Yoga (MB)	Yoga (MB)	Studio Cycling	Yoga (MB)	10:30am BODY PUMP (S1)		
	Studio Cycling	BODYATTACK (S1)		Zumba (S1)			
5:35pm				Studio Cycling			
6:00pm	CXWORX (S1)	Studio Cycling	CXWORX				
			YOGA (MB)				
6:30pm	BODYCOMBAT (S1)	Zumba (S1)	BODYCOMBAT (S1)	Pound Fitness (S1)*			
	Roll & Release (MB)		Barre Fitness (MB)				

For more information, call 985.792.0278 or visit francosmandeville.com
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