

FRANCO'S

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

For more information, call 985.792.0278 or visit francosmandeville.com
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