

# GROUP EXERCISE CLASS SCHEDULE

**May 25 - 30, RESERVATION ONLY, BOOK ONLINE!**

*\*Schedule changes weekly during Phase 1 & 2 of reopening, check for updates!*



## MONDAY, MAY 25 Memorial Day

8:30am	Studio Cycling	Monique
9:30am	Body Pump	Shiela
10:30am	Barre	Aimee
5:30pm	Body Combat	Rebecca P / Sarah

## TUESDAY, MAY 26

5:00am	Studio Cycling	Fernanda
8:30am	Yoga	Connie
9:30am	Studio Cycling	Lori
10:30am	Total Body Conditioning	Tracy (also filmed on Facebook Live)
5:30pm	Yoga	Gina

## WEDNESDAY, MAY 27

6:30am	Body Pump	Elizabeth
8:30am	Body Combat	Misty / Aimee
9:30am	PiYo	Laurie
10:30am	Cardio Dance Blast	Lori (also on FB Live)
6:00pm	Studio Cycling	Sarah

## THURSDAY, MAY 28

5:00am	Studio Cycling	Fernanda
8:30am	Sculpt	Tracy (also on FB Live)
9:30am	Barre	Libby
10:30am	Studio Cycling	Nancy
5:30pm	Yoga	Laurie
5:30pm	<b>Throwback Thursday STEP T</b>	Tracy, Sandy, Monique

## FRIDAY, MAY 29

6:30am	Sprint Cycle	Liza
8:30am	Zumba	Gretchen (also on FB Live)
9:30am	Yoga	Heather
10:00am	Body Pump	Rebecca C

## SATURDAY, MAY 30

8:30am	Body Pump	Lori
9:30am	Studio Cycling	Fernanda
10:00am	Yoga	Monique
10:00am	Body Combat	Misty & Rebecca

## BOOK YOUR CLASS ONLINE!

During this first Phase of Reopening the classes will be limited to a few people so reserve your spot using your **Online Account Access** through [francosmandeville.com](http://francosmandeville.com) (log in top right under "member login") Then you can go on the **Franco's App** under the Classes tab for quick booking!

Instructions to download and create your member online access account is on the other side.

Classes can be booked up to 24 hours in advance only.

*Childcare is not available during Phase 1*