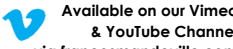


| MONDAY Aug 3 | | TUESDAY Aug 4 | | WEDNESDAY Aug 5 | | THURSDAY Aug 6 | | FRIDAY Aug 7 | | SATURDAY Aug 8 | |
|-----------------|--------------------------------------|------------------|--------------------------------------|--------------------|--|-------------------|----------------------------------|---|---------------------------|-----------------------|---------------------------------|
| 5:00am | Studio Cycling Fernanda | 5:00am | Studio Cycling Fernanda | 7:00am | BODYPUMP Elizabeth | 5:00am | Studio Cycling Sarah | 6:30am | SPRINT Cycle Liza | 7:30am | SPRINT Cycle Liza |
| 7:00am | BODYCOMBAT Courtney | 5:30am | BODYPUMP Wendy | 8:15am | ! Yoga Laurie K. | 8:15am | Yoga Stretch Patti | 7:00am | BODYCOMBAT Sarah B | 8:00am | Total Body HIIT Rebecca C |
| 7:30am | Gentle Yoga Virginia | 8:00am | Yoga Stretch Connie | 8:15am | Sculpt Tracy | 8:15am | PiYo (S1) Laurie | 7:30am | ! Yoga Connie | 8:15am | Yoga Monique |
| 8:15am | Power Circuit Emily sub for Tracy | 8:15am | Total Body HIIT Misty | 8:30am | Aqua Fitness Lori | 8:30am | Aqua Fitness Alice | 8:15am | Zumba Gretchen | 8:30am | Studio Cycling Fernanda |
| 8:30am | Aqua Fitness Alice | 8:30am | Aqua Fitness Alice | 9:35am | ! HIIT 30-min Cycle Laura Kiper (new) | 9:00am | ! Studio Cycling Lori D. | 8:30am | Aqua Fitness Lori | 9:00am | BODYPUMP Lori D |
| 9:00am | ! Studio Cycling Laurie Korp | 9:00am | ! Studio Cycling Sarah H for Lori | 10:00am | Pilates Mat Heather | 9:45am | Barre Libby | 9:00am | ! Studio Cycling Nancy | 10:15am | BODYCOMBAT Misty / Rebecca P |
| 9:35am | Barre Aimee | 9:45am | Barre Libby | 9:45am | BODYCOMBAT Misty/Aimee | 9:45am | Total Body Conditioning Tracy | 9:35am | Barre Aimee | SUNDAY, Aug. 9 | |
| 9:45am | BODYPUMP Shiela | 9:45am | STRONG Emily | 11:20am | Yoga Heather | 11:00am | Cardio Dance Blast Lori | 9:45am | BODYPUMP Elizabeth | | |
| 5:15pm | PiYo (S1) Laurie | 11:00am | Cardio Dance Blast Gina | 4:30pm | PiYo Laurie - Yoga Studio | 5:15pm | ! CXWorx Shiela in MFT Studio |  ! New Class or Time Available on our Vimeo & YouTube Channel via francosmandeville.com | | 9:05am | BODYCOMBAT Rebecca P |
| 5:30pm | Aqua Zumba Jennifer K | 5:15pm | Total Body HIIT Rebecca C. | 5:15pm | BODYPUMP Shiela | 5:30pm | ! Total Body HIIT Sarah B | | | 9:30am | Studio Cycling Nancy |
| 6:00pm | Studio Cycling Monique | 5:30pm | YOGA Aileen | 5:30pm | Aqua Zumba Jennifer K | 5:30pm | YOGA Gina | | | 10:15am | BODYPUMP Courtney |
| 6:30pm | BODYCOMBAT Rebecca C / Rebecca P | 6:00pm | SPRINT Cycle Kaylee | 6:00pm | Studio Cycling Nicole | 6:00pm | SPRINT Cycle Kaylee | | | | |

Childcare OPEN:
Monday - Friday
 7:45am -9:15am
 9:30am -11am
 11:15am -12:45pm
 2pm -3:30pm
 3:45pm -5:15pm
 5:30pm -7pm (not available Fri)

Saturday 8am - 9:30am,
 9:45am - 11:15am,
 11:30 - 1pm

BOOK

Visit your online membership account at francosmandeville.com: Member Log-In page - Group Exercise.
 Or on the Franco's App / Classes. Haven't set up your Online Account Access yet?
 Email info@myfrancos.com to get credentials to log in or call the Front Desk to enroll you into a class at 985-792-0200.

| | |
|-----------------------|---------------|
| CARDIO / WEIGHT CLASS | CYCLING CLASS |
| MIND/BODY CLASS | AQUA CLASS |