



MONDAY Sept. 14		TUESDAY Sept. 15		WEDNESDAY Sept. 16		THURSDAY Sept. 17		FRIDAY Sept. 18		SATURDAY Sept. 19	
5:00am	Studio Cycling Nancy	5:00am	Studio Cycling Fernanda	7:00am	BODYPUMP Leslee	5:00am	Studio Cycling Sarah H.	7:00am	BODYCOMBAT Sarah B	7:30am	SPRINT Cycle Liza
7:00am	BODYCOMBAT Courtney	5:30am	BODYPUMP Wendy	8:15am	Yoga Laurie K.	7:00am	Total Body HIIT Sarah H.	7:30am	Yoga Connie	8:00am	Total Body HIIT Rebecca C
7:30am	Gentle Yoga Virginia	8:00am	Yoga Stretch Connie	8:15am	Sculpt Tracy	8:15am	Yoga Stretch Patti	8:15am	Zumba Gretchen	8:15am	Yoga Monique
8:15am	Power Circuit Tracy	8:15am	Total Body HIIT Misty	8:30am	Aqua Fitness Lori	8:15am	PiYo (S1) Laurie	8:30am	Aqua Fitness Lori	8:30am	Studio Cycling Fernanda
8:30am	Aqua Fitness Alice	8:30am	Aqua Fitness Alice	9:00am	HIIT 30-min Cycle Laura K	8:30am	Aqua Fitness Alice	9:00am	HIIT Cycle 30 min Laura K	9:00am	BODYPUMP Lori D
9:00am	Studio Cycling Laurie K	9:00am	Studio Cycling Lori D.	10:00am	Pilates Mat Heather	9:00am	Studio Cycling Lori D.	9:35am	Barre Aimee	10:15am	BODYCOMBAT Misty / Rebecca P
9:35am	Barre Aimee	9:45am	Barre Libby	9:45am	BODYCOMBAT Misty/Aimee	9:45am	Barre Libby	9:45am	BODYPUMP Elizabeth	<b>SUNDAY, Sept. 20</b>	
9:45am	BODYPUMP Leslee	9:45am	STRONG Emily	11:20am	Yoga Heather in Studio 1	9:45am	Total Body Conditioning Tracy	9:05am	BODYCOMBAT Rebecca P		
5:15pm	PiYo (S1) Laurie	11:00am	Cardio Dance Blast Gina	11:30am	Barre Kim W.	11:00am	Cardio Dance Blast Lori	 <b>New Class or Time</b>  Available on our Vimeos & YouTube Channel via francosmandeville.com		9:30am	Studio Cycling Nancy
5:30pm	Aqua Zumba Jennifer K	5:30pm	Total Body HIIT Rebecca C	4:30pm	PiYo Laurie - Yoga Studio	5:15pm	CXWorx Shiela in MFT Studio			10:15am	BODYPUMP Courtney
5:30pm	! Studio Cycling Fernanda	5:30pm	YOGA Aileen	5:15pm	BODYPUMP Shiela	5:30pm	Total Body HIIT Sarah B				
6:30pm	BODYCOMBAT Rebecca C / Rebecca P	6:00pm	SPRINT Cycle Kaylee	5:30pm	Aqua Zumba Jennifer K	5:30pm	YOGA Gina	<div style="border: 1px solid black; padding: 5px; width: fit-content;">CARDIO / WEIGHT CLASS</div> <div style="border: 1px solid black; padding: 5px; width: fit-content;">MIND/BODY CLASS</div>		<div style="border: 1px solid black; padding: 5px; width: fit-content;">CYCLING CLASS</div> <div style="border: 1px solid black; padding: 5px; width: fit-content;">AQUA CLASS</div>	
<b>Childcare OPEN:</b> <b>Monday - Friday</b> 7:45am -9:15am 9:30am -11am 11:15am -12:45pm 2pm -3:30pm 3:45pm -5:15pm 5:30pm -7pm (not available Fri)		6:30pm	Zumba Gretchen	6:00pm	! Studio Cycling / Nicole (last week at this time, new class coming soon)	6:00pm	SPRINT Cycle Kaylee				
				6:30pm	BODYCOMBAT Rebecca P / Sarah B						

# BOOK

Visit your online membership account at [francosmandeville.com](http://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](mailto:info@myfrancos.com) to get credentials to log in or call the Front Desk to enroll you into a class at 985-792-0200.