























MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:30am	BODYCOMBAT™ (50 min)	5:00am	 Studio Cycling	5:15am	BODYCOMBAT™	5:00am	 Studio Cycling	7:30am	BODYCOMBAT™ (45 min)	8:00am	 SPRINT™
7:30am	**Gentle Yoga <i>by reservation only, no walk-ins</i>	5:30am	BODYPUMP™	7:30am	BODYPUMP™ (50 min)	7:30am	Total Body HIIT	7:30am	 Yoga	8:00am	Total Body HIIT (50 min)
8:30am	**Power Circuit <i>by reservation only, no walk-ins</i>	8:00am	**Yoga Stretch <i>by reservation only, no walk-ins</i>	8:15am	**Yoga <i>by reservation only, no walk-ins</i>	8:15am	**Yoga Stretch <i>by reservation only, no walk-ins</i>	8:30am	Zumba®	8:15am	 Yoga
8:30am	Aqua Fitness	8:00am	 SPRINT™	8:30am	**Sculpt <i>by reservation only, no walk-ins</i>	8:15am	 SPRINT™	8:30am	Aqua Fitness	8:45am	 Studio Cycling
9:00am	 Studio Cycling	8:30am	**Total Body HIIT <i>by reservation only, no walk-ins</i>	8:30am	Aqua Fitness	8:30am	PiYo Studio 1	9:00am	 HIIT Cycle (30 min)	9:00am	BODYPUMP™
9:35am	**Barre <i>by reservation only, no walk-ins</i>	8:30am	Aqua Fitness	9:00am	 HIIT Cycle (30 min)	8:30am	Aqua Fitness	9:35am	Barre	10:00am	Pilates Mat
9:35am	BODYPUMP™	9:00am	 Studio Cycling	10:00am	Pilates Mat	9:00am	 Studio Cycling	9:35am	BODYPUMP™	10:15am	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>
11:00am	SilverSneakers® Classic	9:45am	**Barre <i>by reservation only, no walk-ins</i>	9:35am	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>	9:35am	**Total Body Condng <i>by reservation only, no walk-ins</i>	11:00am	SilverSneakers® Classic	SUNDAY	
5:15pm	PiYo Mind/Body Studio	9:35am	STRONG®	11:20am	 Yoga Studio 1	9:45am	**Barre <i>by reservation only, no walk-ins</i>	9:05am	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>		
5:30pm	 Studio Cycling	11:00am	Cardio Dance Blast	11:30am	**Barre <i>by reservation only, no walk-ins</i>	11:00am	Cardio Dance Blast	9:30am	 Studio Cycling		
6:30pm	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>	12:15pm	BODYPUMP™	4:30pm	PiYo Mind/Body Studio	5:30pm	Total Body HIIT	10:15am	BODYPUMP™		
		4:30pm	BODYPUMP™ (50 min)	5:15pm	BODYPUMP™	5:30pm	 Yoga				
		5:30pm	Total Body HIIT (45 min)	5:45pm	 Yoga	6:00pm	 SPRINT™				
		5:30pm	 Yoga	6:30pm	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>						
		6:00pm	 SPRINT™								
		6:15pm	NEW DAY/TIME! CXWORX™								
		6:30pm	Zumba®								

LEGEND: CLASS TYPE & LOCATION

CARDIO / WEIGHT CLASS
in Studio 1 main floor

MIND/BODY CLASS in the
Mind / Body Studio
upstairs

CYCLING CLASS 
in the Cycling Studio

AQUA CLASS in 6-lane
swimming pool

BOOK CLASSES ONLINE

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