






















MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:30am	BODYCOMBAT™ (50 min)	5:00am	 Studio Cycling	5:15am	BODYCOMBAT™	8:30am	BODYCOMBAT™ (90 min with Courtney/Shielaj)	7:30am	BODYCOMBAT™ (45 min)	8:00am	Total Body HIIT (45 min)
7:30am	 Gentle Yoga	5:30am	BODYPUMP™	7:30am	BODYPUMP™ (50 min)	9:00am	 Studio Cycling with Nancy	7:30am	 Yoga	8:15am	 Yoga
8:30am	Power Circuit	7:30am	Zumba®	8:15am	 Yoga Stretch	<div style="text-align: center;"> <p>Thanksgiving Day Club Hours 8:00am - 11:00am</p>  </div>		8:30am	Zumba®	8:15am	 SPRINT™
8:30am	Aqua Fitness	8:00am	 Yoga Stretch	8:30am	Sculpt			8:30am	Aqua Fitness	9:00am	 Studio Cycling
9:30am	 "MisFit" Cycle	8:15am	 SPRINT™	8:30am	Aqua Fitness			9:00am	 HIIT Cycle (30 min)	9:00am	BODYPUMP™
9:30am	Barre Fusion	8:30am	Total Body HIIT	9:00am	 HIIT Cycle (30 min)			9:30am	Barre Fusion	10:05am	BODYCOMBAT™
9:35am	BODYPUMP™	8:30am	Aqua Fitness	9:35am	BODYCOMBAT™			9:35am	BODYPUMP™	10:15am	Pilates Mat
11:00am	SilverSneakers®	9:00am	 Studio Cycling	10:00am	Pilates Mat			11:00am	SilverSneakers®	<b>SUNDAY</b>	
12:15pm	Cardio Dance Blast	9:35am	STRONG®	11:15am	Yoga Studio 1			9:05am	BODYCOMBAT™		
5:15pm	BODYPUMP™	9:45am	Barre	11:30am	Barre			9:30am	 Studio Cycling	10:15am	BODYPUMP™
5:30pm	 Studio Cycling	10:15am	CORE™ (30 min / MFT Studio)	12:15pm	SilverSneakers®			<div style="text-align: center;">  <p>Thanksgiving Eve Club Hours 4:45am - 4:00pm</p> </div>			
6:30pm	BODYCOMBAT™	11:00am	Cardio Dance Blast	<div style="text-align: center;"> <h2>BOOK CLASSES ONLINE</h2> <p>Visit your online membership account at <a href="http://francosmandeville.com">francosmandeville.com</a>: Member Log-In page - Register for Classes. Or on the Franco's App under Classes. Haven't set up your Online Account Access yet? Go to <a href="https://francos.clubautomation.com/">https://francos.clubautomation.com/</a>, hit Access My Account. For assistance email <a href="mailto:info@myfrancos.com">info@myfrancos.com</a> or call the Front Desk to enroll you into a class at 985-792-0200. Classes can be booked up to <b>48 hours in advance</b>. Sorry, no walk-ins at this time.</p> </div>							
		11:00am	Tai Chi								
		12:05pm	BODYPUMP™								
		4:30pm	Sculpt								
		5:30pm	Total Body HIIT (30 min)								
		5:30pm	 Yoga								
		6:00pm	 SPRINT™								
		6:00pm	CORE™ 30 min / Studio 1								

**LEGEND: CLASS TYPE & LOCATION**

**CARDIO / WEIGHT CLASS**  
in Studio 1 main floor

**MIND/BODY CLASS** in the  
Mind / Body (Yoga)  
Studio upstairs

**CYCLING CLASS**   
in the Cycling Studio

**AQUA CLASS** in 6-lane  
swimming pool

**MONDAY**

**TUESDAY**

Franco's Mandeville

**WEDNESDAY**

francosmandeville.com

**THURSDAY**

**FRIDAY**

985-792-0200

**SATURDAY**