



































MON		TUE		WED		THU		FRI		SAT			
5:15am	BODYCOMBAT™ Studio 1	5:15am	Studio Cycling Cycle Studio	5:15am	BODYCOMBAT™ Studio 1	5:30am	BODYPUMP™ Studio 1	5:30am	 SPRINT™ Cycle Studio	8:00am	Boot Camp Studio 1		
<small>BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class.</small>		5:30am	BODYPUMP™ Studio 1	ALL CLASSES INCLUDED IN YOUR MEMBERSHIP!		<small>BODYPUMP™ is a full-body workout that uses barbells, light to moderate weights, and high repetitions to help you get lean and toned</small>		<small>LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results</small>		8:15am	 Yoga Power Flow MindBody Studio		
7:30am	BODYCOMBAT™ Studio 1, 50 min	6:30am	 SPRINT™ Cycle Studio			6:30am	 SPRINT™ Cycle Studio	7:30am	BODYCOMBAT™ Studio 1	8:15am	 SPRINT™ Cycle Studio		
	 Gentle Yoga MindBody Studio	7:30am	 ZUMBA Studio 1	8:30am	 Yoga Stretch MindBody Studio	8:15am	Step Express Studio 1, 30-min	7:30am	 Yoga MindBody Studio	9:00am	Studio Cycling Cycle Studio		
8:30am	Power Circuit Studio 1	8:00am	 Yoga Stretch MindBody Studio	8:30am	Sculpt Studio 1	8:30am	 Yoga Stretch MindBody Studio	8:30am	 ZUMBA Studio 1	9:00am	BODYPUMP™ Studio 1		
	 Aqua Fitness 6 lane pool		 Aqua Fitness 6 lane pool				 Aqua Fitness 6 lane pool			 Aqua Fitness 6 lane pool		 Aqua Fitness 6 lane pool	10:00am
9:00am	 Studio Cycling Cycle Studio	8:30am	Total Body HIIT Studio 1	9:00am	 HIIT Cycle Cycling Studio	9:00am	Cuts & Curves Studio 1, 30-min	9:00am	 HIIT Cycle Cycling Studio	10:15am	Pilates Mat MindBody Studio		
	Chisel MindBody Studio		9:00am	 Studio Cycling Cycle Studio	9:35am		BODYCOMBAT™ Studio 1		9:00am	 Studio Cycling Cycle Studio	9:00am	Chisel MindBody Studio	<i>Did You Know? You can RENT out our STUDIOS for a small fee?</i>
9:35am	BODYPUMP™ Studio 1	9:30am	Barre MindBody Studio	10:00am	Strength & Core MindBody Studio	9:30am	Barre MindBody Studio	9:35am	BODYPUMP™ Studio 1	SUN			
	Pilates Mat MindBody Studio		9:30am	Blast & Burn Studio 1	11:00am		 SilverSneakers Studio 1		9:30am	Total Body Conditioning Studio 1	11:00am	 SilverSneakers Studio 1	9:05am
11am	 SilverSneakers Studio 1	10:15am	CORE™ MFT Boxing Studio, 30-min	11:15am	 Yoga MindBody Studio	10:15am	CORE™ MFT Boxing Studio, 30-min			9:30am	 Studio Cycling Cycle Studio		
5pm	BODYPUMP™ Studio 1	11:00am	Tai Chi MindBody Studio	5:00pm	BODYPUMP™ Studio 1	11:00am	Cardio Dance Blast Studio 1			10:15am	BODYPUMP™ Studio 1		
5:30pm	 Studio Cycling Cycling Studio		11:00am	 Yoga Sculpt Studio 1	6:00pm	 Yoga MindBody Studio	1:00pm	Parkinson's Movement Studio 1					
6:30pm	BODYCOMBAT™ Studio 1	12:05pm	BODYPUMP™ Studio 1	6:30pm	BODYCOMBAT™ Studio 1, 50 min	4:30pm	Power 1/2 Studio 1, 30-min						
		4:30pm	Core & More MindBody Studio	Club Hours: Mon - Thu 4:45am - 9pm Fri 4:45am - 8pm Sat 6am - 7pm Sun 9am - 6pm Childcare Hours: Mon - Thu 7:30am - 7:30pm Fri 7:30am - 7pm Saturday 8am - 1pm Hangout (ages 5+ open at 3:30pm)		5:00pm	Butt & Gut Studio 1, 30-min						
		5:30pm	Total Body HIIT Studio 1, 30-min			5:30pm	 Yoga MindBody Studio						
		5:35pm	 Yoga MindBody Studio			6:00pm	 SPRINT™ Cycle Studio						
		6:00pm	 SPRINT™ Cycle Studio										

ADD your classes to your calendar and app by booking 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?
 Go to <https://francos.clubautomation.com>,
 hit Access My Account (top right button).

For assistance email info@myfrancos.com
 or call the Front Desk to enroll you into a class at 985-792-0200.

Want more specialized classes? Try out our professionally trained Pilates Reformer and Zone30 Heart-rate Training Classes for an additional monthly fee!