

FRANCO'S

2116 magazine street, new orleans, 70130 • 504.218.4637 • francosmagazinst.com

EXP = Half Hour Class

MON	TUE	WED	THU	FRI	SAT	SUN
Morning						
6:00A Body pump 6:15A Cycle 8:00A Boot Camp 9:00A Body Pump 11:30A Power 30	5:30A Cycle 6:30A Power 30 6:30A Gentle Yoga 9:00A Spin Express 9:45A TRX	5:30A Power 30 6:00A Body Pump Exp 6:15A Cycle 6:30A CX WORX 8:00A Barre 9:00A Body Pump 11:30A Power 30	5:30A Cycle 6:30A Power 30 6:30A Gentle Yoga 9:00A Spin Express 9:45A TRX	6:00A Boot Camp 6:30A CX WORX 7:15A Spin Express 8:00A Yoga Sculpt 8:00A Boot Camp 11:00A Roll & Release 11:30A Power 30	8:00A Level I & II Yoga 8:30A Cycle 9:15A Ballet Barre 10:00A Power 30 10:00A Body Combat 10:30A Power Yoga 11:00A Body Pump	9:15A Body Pump 9:30A Sprint 10:30A Body Flow
12:00P Power Yoga	12:00P Body Pump Exp	12:00P Power Yoga	12:00P Body Pump Exp	12:00P Power Yoga	12:00P Boot Camp	
Afternoon						
5:15P Power 30 6:00P CX WORX 6:00P Cycle 6:30P Body Combat 7:00P Multi-Level Vinyasa Yoga	4:30P Power 30 5:30P Power 30 5:30P Barre 6:05P Power Cycle 6:15P Body Pump 6:45P Multi Level Vinyasa Yoga 7:00P TRX	5:15P Power 30 5:30P Yoga/Barre Fusion 6:00P CX WORX 6:00P Boot Camp 6:30P STRONG by zumba 7:00P Yoga Sculpt	4:30P Power 30 5:30P Power 30 5:30P Barre 6:05P Power Cycle 6:15P Body Pump 6:45P Multi Level Vinyasa Yoga 7:00P TRX	5:00P Happy Hour at Franco's 5:30P CX WORX 6:00P Sprint		4:30P Multi Level Vinyasa Yoga
					DECEMBER 2018	
					Monday-Thursday: 4:45am-10pm Friday: 4:45am-8pm Saturday: 7am-7pm Sunday: 9am-6pm	
Please refer to MindBody APP for class descriptions, instructors, and to reserve your spot!						