

# FRANCO'S

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EXP = Half Hour Class

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Morning</b>						
6:00A Body pump 6:15A Cycle 8:00A Boot Camp 9:00A Body Pump <b>11:30A Power 30</b>	5:30A Cycle <b>6:30A Power 30</b> 7:00A Gentle Yoga <b>9:00A Spin Express</b> 9:45A TRX	<b>5:30A Power 30</b> <b>6:00A Body Pump Exp</b> 6:15A Cycle 6:30A CX WORX 8:00A Barre 9:00A Body Pump <b>11:30A Power 30</b>	5:30A Cycle <b>6:30A Power 30</b> 7:00A Gentle Yoga <b>9:00A Spin Express</b> 9:30A TRX	6:00A Boot Camp 6:30A CX WORX 7:15A <b>Spin Express</b> 8:00A Yoga Sculpt 8:00A Boot Camp <b>11:00A Roll &amp; Release</b> <b>11:30A Power 30</b>	8:00A Level I & II Yoga 8:30A Cycle 9:15A Ballet Barre <b>10:00A Power 30</b> 10:00A Body Combat 10:30A Power Yoga 11:00A Body Pump	9:15A Body Pump <b>9:30A Sprint</b> 10:30A Body Flow
12:00P Power Yoga	<b>12:00P Body Pump Exp</b>	12:00P Power Yoga	<b>12:00P Body Pump Exp</b>	12:00P Power Yoga	12:00P Boot Camp	
<b>Afternoon</b>						
<b>5:15P Power 30</b> 6:00P CX WORX 6:00P Cycle 6:30P Body Combat 7:00P Multi-Level Vinyasa Yoga	<b>4:30P Power 30</b> <b>5:30P Power 30</b> 5:30P Barre 6:05P Power Cycle 6:15P Body Pump 6:45P Multi Level Vinyasa Yoga 7:00P TRX	<b>5:15P Power 30</b> 5:30P Yoga/Barre Fusion 6:00P CX WORX 6:00P Boot Camp 6:30P STRONG by zumba 7:00P Yoga Sculpt	<b>4:30P Power 30</b> <b>5:30P Power 30</b> 5:30P Barre 6:05P Power Cycle 6:15P Body Pump 6:45P Multi Level Vinyasa Yoga 7:00P TRX	<b>5:00P Happy Hour at Franco's</b> 5:30P CX WORX <b>6:00P Sprint</b>	<div style="text-align: center;"> <h2>OCTOBER 2018</h2> <p>Monday-Thursday: 4:45am-10pm Friday: 4:45am-8pm Saturday: 7am-7pm Sunday: 9am-6pm</p> <p>Please refer to MindBody APP for class descriptions, instructors, and to reserve your spot!</p> </div>	