

FRANCO'S

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April - June 2019

MONDAY Á TUESDAY WEDNESDAY THURSDAY Á FRIDAY Á SATURDAY Á SUNDAY

Studio One	Studio One	Studio One	Studio One	Studio One	Studio One	Studio One
6:00 AM (55 MIN) BODYPUMP	6:00 AM (45 MIN) BODYPUMP EXP	6:00 AM (55 MIN) BODYPUMP	6:00 AM (45 MIN) BODYPUMP EXP	6:00 AM (55 MIN) BODYPUMP	8:00 AM (55 MIN) Yoga Detox	9:30 AM (30 MIN) SPRINT
7:30 AM (60 MIN) Get Up & Flow!	8:00 AM (60 MIN) Barre BURN!	7:30 AM (60 MIN) Get Up & Flow!	8:00 AM (60 MIN) Barre BURN!	7:30 AM (60 MIN) Get Up & Flow!	9:30 AM (30 MIN) Ballet Barre	10:00 AM (55 MIN) BODYPUMP
9:00 AM (55 MIN) BODYPUMP	5:00 PM (30 MIN) CX WORX	9:00 AM (55 MIN) BODYPUMP	5:00 PM (30 MIN) CX WORX	9:00 AM (55 MIN) BODYPUMP	10:00 AM (55 MIN) BODYCOMBAT	11:15 AM (55 MIN) BODYFLOW
12:15 PM (60 MIN) Yoga Strength	5:30 PM (55 MIN) Barre BURN!	11:30 AM (30 MIN) BODYPUMP EXP	5:30 PM (55 MIN) Barre BURN!	12:15 PM (60 MIN) Yoga Strength	11:00 AM (55 MIN) BODYPUMP	
5:30 PM (55 MIN) BODYPUMP	6:30 PM (50 MIN) Strong by Zumba	12:15 PM (60 MIN) Yoga Strength	6:30 PM (50 MIN) Strong by Zumba	5:30 PM (30 MIN) CX WORX	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Monday-Thursday: 4:45am-10pm Friday: 4:45am-8pm Saturday: 7am-7pm Sunday: 9am-6pm</p> </div>	
6:30 PM (55 MIN) BODYCOMBAT	7:30 PM (60 MIN) Candlelight Yoga:	5:30 PM (55 MIN) BODYPUMP	6:30 PM (55 MIN) WERQ! Studio Dance			
7:30 PM (60 MIN) Candlelight Yoga		7:30 PM (60 MIN) Candlelight Yoga				
M.F.T.	M.F.T.	M.F.T.	M.F.T.	M.F.T.	M.F.T.	M.F.T.
8:00 AM (50 MIN) Cardio Cross-Train	5:30AM (55 MIN) SPYNergy	6:15AM (55 MIN) SPYNergy	5:30AM (55 MIN) SPYNergy	6:00 AM (50 MIN) Cardio Cross-Train	8:00 AM (55 MIN) CYC MODE	10:15 AM (40 MIN) P40: Triple Threat
9:00AM (30 MIN) Ab Lab	6:30 AM (30 MIN) P30: Pure Adrenaline	8:00 AM (50 MIN) Cardio Cross-Train	6:30 AM (30 MIN) P30: Pure Adrenaline	8:00 AM (50 MIN) Own The Tone.	10:15 AM (55 MIN) CYC MODE	
12:00 PM (30 MIN) P30:Dealer's Choice	9:00AM (60 MIN) Ripped Ride	9:00AM (30 MIN) Ab Lab	9:00AM (60 MIN) Ripped Ride	9:00AM (30 MIN) Ab Lab	11:30 PM (30 MIN) P30: Dealer's Choice	
4:30PM (30 MIN) P30: Pure Strength	11:15 PM (45 MIN) Athletic Roll + Sretch	4:30PM (30 MIN) P30: Pure Strength	11:15 PM (45 MIN) Athletic Roll + Sretch	12:00 PM (30 MIN) P30:Dealer's Choice		
5:15 PM (50 MIN) Own The Tone.	12:15 PM (40 MIN) P40: Triple Threat	5:15 PM (50 MIN) Own The Tone.	12:15 PM (40 MIN) P40: Triple Threat	6:00PM (30 MIN) SPRINT		
6:30 PM (50 MIN) CYC MODE	5:30PM (30 MIN) P30: Pure Strength	6:30PM (50 MIN) CYC MODE	5:30PM (30 MN) P30: Pure Strength			
	6:00 PM (30 MIN) SPRINT		6:00 PM (30 MIN) SPRINT			



Please refer to MindBody APP for class descriptions+ to Reserve Your Spot!