

# FRANCO'S

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July-September 2019

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Studio One	Studio One	Studio One	Studio One	Studio One	Studio One	Studio One
<b>6:00 AM (55 MIN)</b> <b>BODYPUMP</b>  <b>7:30 AM (60 MIN)</b> <b>Get Up &amp; Flow!</b>  <b>9:00 AM (55 MIN)</b> <b>BODYPUMP</b>  <b>12:15 PM (60 MIN)</b> <b>Yoga Strength</b>  <b>5:15 PM (45 MIN)</b> <b>Own The Tone</b>  <b>6:30 PM (55 MIN)</b> <b>BODYCOMBAT</b>  <b>7:30 PM (60 MIN)</b> <b>Candlelight Yoga</b>	<b>5:30 AM (45 MIN)</b> <b>Own The Tone.</b>  <b>8:00 AM (60 MIN)</b> <b>Barre BURN!</b>  <b>5:00 PM (30 MIN)</b> <b>LM Core/CX WORX</b>  <b>5:30 PM (55 MIN)</b> <b>Barre BURN!</b>  <b>6:30 PM (55 MIN)</b> <b>BodyPump</b>  <b>7:30 PM (60 MIN)</b> <b>Candlelight Yoga:</b> <b>Flow &amp; Restore</b>	<b>6:00 AM (55 MIN)</b> <b>BODYPUMP</b>  <b>7:30 AM (60 MIN)</b> <b>Get Up &amp; Flow!</b>  <b>9:00 AM (55 MIN)</b> <b>BODYPUMP</b>  <b>12:15 PM (60 MIN)</b> <b>Yoga Strength</b>  <b>5:15 PM (55 MIN)</b> <b>Own The Tone</b>  <b>6:30 PM (55 MIN)</b> <b>BodyCombat</b>  <b>7:30 PM (60 MIN)</b> <b>Candlelight Yoga:</b> <b>Flow &amp; Restore</b>	<b>5:30 AM (45 MIN)</b> <b>Own the Tone.</b>  <b>8:00 AM (60 MIN)</b> <b>Barre BURN!</b>  <b>5:00 PM (30 MIN)</b> <b>LM Core/CX WORX</b>  <b>5:30 PM (55 MIN)</b> <b>Barre BURN!</b>  <b>6:30 PM (55 MIN)</b> <b>BodyPump</b>	<b>6:00 AM (55 MIN)</b> <b>BODYPUMP</b>  <b>7:30 AM (60 MIN)</b> <b>Get Up &amp; Flow!</b>  <b>9:00 AM (55 MIN)</b> <b>BODYPUMP</b>  <b>12:15 PM (60 MIN)</b> <b>Yoga Strength</b>  <b>5:30 PM (30 MIN)</b> <b>LM Core/ CX WORX</b>	<b>8:00 AM (55 MIN)</b> <b>Yoga Detox</b>  <b>9:30 AM (30 MIN)</b> <b>Ballet Barre</b>  <b>10:00 AM (55 MIN)</b> <b>BODYCOMBAT</b>  <b>11:00 AM (55 MIN)</b> <b>BODYPUMP</b>	<b>9:00 AM (50 MIN)</b> <b>Zumba Strong</b>  <b>10:00 AM (55 MIN)</b> <b>BODYPUMP</b>  <b>11:15 AM (55 MIN)</b> <b>BODYFLOW</b>
<div style="border: 2px solid black; padding: 10px; text-align: center;"> <b>Monday-Thursday: 4:45am-10pm</b>  <b>Friday: 4:45am-8pm</b>  <b>Saturday: 7am-7pm</b>  <b>Sunday: 9am-6pm</b> </div>						
M.F.T.	M.F.T.	M.F.T.	M.F.T.	M.F.T.	M.F.T.	M.F.T.
<b>5:45 AM (55 MIN)</b> <b>Cardio Cross-Train</b>  <b>7:00AM (50 MIN)</b> <b>Cardio Cross-Train</b>  <b>8:00 AM (55 MIN)</b> <b>SPYNERGY</b>  <b>12:00 PM (30 MIN)</b> <b>P30: Dealer's Choice</b>  <b>4:30PM (30 MIN)</b> <b>P30: Pure Strength</b>  <b>5:15 PM (50 MIN)</b> <b>Fit Happens BootCamp.</b>  <b>6:15 PM (45 MIN)</b> <b>CYC MODE</b>	<b>5:30AM (55 MIN)</b> <b>SPYNergy</b>  <b>6:30 AM (30 MIN)</b> <b>P30: Pure Adrenaline</b>  <b>8:00am (30 MIN)</b> <b>TRX Core</b>  <b>9:00AM (60 MIN)</b> <b>Ripped Ride</b>  <b>12:15 PM (40 MIN)</b> <b>P40: Triple Threat</b>  <b>5:30PM (30 MIN)</b> <b>P30: Pure Strength</b>  <b>6:00 PM (30 MIN)</b> <b>SPRINT</b>	<b>6:15AM (55 MIN)</b> <b>SPYNergy</b>  <b>8:00 AM (50 MIN)</b> <b>Cardio Cross-Train</b>  <b>12:00 PM (30 MIN)</b> <b>P30:Dealer's Choice</b>  <b>4:30PM (30 MIN)</b> <b>P30: Pure Strength</b>  <b>5:30 PM (30 MIN)</b> <b>SHRED-RX (TRX)</b>  <b>6:15PM (50 MIN)</b> <b>CYC MODE</b>	<b>5:30AM (30 MIN)</b> <b>SPYNergy</b>  <b>6:30 AM (30 MIN)</b> <b>P30: Pure Adrenaline</b>  <b>8:00 AM (30MIN)</b> <b>TRX Core</b>  <b>9:00AM (60 MIN)</b> <b>Ripped Ride</b>  <b>12:15 PM (40 MIN)</b> <b>P40: Triple Threat</b>  <b>5:30PM (30 MN)</b> <b>P30: Pure Strength</b>  <b>6:00 PM (30 MIN)</b> <b>SPRINT</b>	<b>5:30AM (30 MIN)</b> <b>P30:Dealer's Choice</b>  <b>6:00 AM (50 MIN)</b> <b>Cardio Cross-Train</b>  <b>8:00 AM (50 MIN)</b> <b>Own The Tone.</b>  <b>12:00 PM (30 MIN)</b> <b>P30:Dealer's Choice</b>  <b>6:00PM (30 MIN)</b> <b>SPRINT</b>	<b>8:00 AM (55 MIN)</b> <b>CYC MODE</b>  <b>10:15 AM (55 MIN)</b> <b>CYC MODE</b>  <b>11:30 PM (30 MIN)</b> <b>P30: Dealer's Choice</b>	<b>9:30 AM (30 MIN)</b> <b>SPRINT</b>  <b>10:15 AM (40 MIN)</b> <b>P40: Triple Threat</b>



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