

FRANCO'S

2116 Magazine St, New Orleans, LA 70130 • 504.218.4637 • FrancosMagazineSt.com

MFR= MULTI-FUNCTION ROOM • S1= STUDIO ONE • CY= COURTYARD • EXP = 30 MIN CLASS

MON	TUE	WED	THU	FRI	SAT	SUN
Morning						
<p><u>MFR</u> 6:15A CYCLE 8:00A BOOT CAMP 11:00A ROLL & RELEASE 11:30A POWER 30</p> <p><u>S1</u></p> <p>6:00A BODY PUMP 9:00A BODY PUMP 12:00P POWER YOGA</p>	<p><u>MFR</u> 5:30A CYCLE 6:30A GENTLE YOGA 9A SPIN EXP 9:45A TRX</p> <p><u>S1</u></p> <p>6:30A POWER 30 12:00P FAST 40</p>	<p><u>CY</u> 6:15A CYCLE</p> <p><u>MFR</u> 8:15A BOOT CAMP 11:30A POWER 30</p> <p><u>S1</u></p> <p>8:00A BARRE 5:30A POWER 30 6:00A BODY PUMP 9:00A BODY PUMP 12:00P POWER YOGA</p>	<p><u>MFR</u> 5:30A CYCLE 6:30A GENTLE YOGA 9AM SPIN EXP 9:45 TRX</p> <p><u>S1</u></p> <p>5:30A POUND 6:30A POWER 30 12:00P FAST 40</p>	<p><u>MFR</u> 6:00A BOOT CAMP 7:15A SPIN EXP 8:00A BOOT CAMP 11:00A ROLL & RELEASE 11:30A POWER 30 12:00P POWER YOGA</p> <p><u>S1</u></p> <p>6:30A CX WORX 8:00A YOGA SCUPLT 12:00P BP EXP</p>	<p><u>MFR</u> 8:30A CYCLE 10:00A POWER 30 10:30A POWER YOGA 12:00P BOOT CAMP</p> <p><u>S1</u></p> <p>8:00A YOGA 9:30A BALLET BARRE 10:00A BODY COMBAT 11:00A BODY PUMP</p>	<p><u>MFR</u> 9:30A SPRINT</p> <p><u>S1</u></p> <p>9:15A BODY PUMP 10:30A BODY FLOW 4:30P VINYASA YOGA</p>
Afternoon						
<p><u>MFR</u> 5:15P POWER30 6:00P CYCLE 7:00P BODY COMBAT</p> <p><u>S1</u></p> <p>6:00P CX WORX 7:00P VINYASA YOGA</p>	<p><u>MFR</u> 4:30P BOOT CAMP 5:30P POWER 30 6:00P POWER CYCLE 7:00P TRX</p> <p><u>S1</u></p> <p>5:15P BARRE 6:15P BP EXP 6:45P VINYASA YOGA</p>	<p><u>MFR</u> 5:15P BOOT CAMP 6:00P CX WORX</p> <p><u>S1</u></p> <p>5:30P YOGA/BARRE FUSION 7:00P YOGA SCUPLT</p>	<p><u>MFR</u> 5:30P POWER 30 6:15P SPRINT 7:00P TRX</p> <p><u>S1</u></p> <p>4:30P POWER 30 5:15P BARRE 6:15P BP EXP 6:45 MULTI LEVEL YOGA</p>	<p><u>MFR</u> 6:00P SPRINT</p> <p><u>S1</u></p> <p>5:00P DANCE AT FRANCO'S 5:30P CX WORX</p>	<p>MARCH 2019</p> <p>Monday-Thursday: 4:45am-10pm Friday: 4:45am-8pm Saturday: 7am-7pm Sunday: 9am-6pm</p> <p>Please refer to the MindBody APP for class descriptions, instructors, and to reserve your spot!</p>	