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Eff:1-9-12

	mon	tue	wed	thu	fri	sat
5:00 AM		Tri-athlete's Cycle		Tri-athlete's Cycle		7:00 AM Cycling
5:15 AM	Studio Cycling		Studio Cycling		Studio Cycling	8:00 AM Yoga I
5:30 AM			Yoga II			8:00 AM Cycling
6:15 AM		Studio Cycling		 Studio Cycling		8:00 AM
7:00 AM	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	
7:30 AM	Yoga II 				Yoga II 	
8:00 AM						9:15 AM 
8:30 AM	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	10:00 AM
	Boot Camp	T.N.T. Sculpt Yoga Stretch	Pilates Mat 	T.N.T. Strength Yoga Stretch	T.N.T. Xplode	10:30 AM Pilates Mat
	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	
9:00 AM	Studio Cycling	Studio Cycling	Studio Cycling		Studio Cycling	
9:30 AM		Hard Core Abs MB				
9:35 AM		Power Kick Circuit	Sculpt Xpress (45 min.)	Power Kick		12:00 PM
10:00 AM	Dancin' to the Oldies (Gym)	Sr. FIT Circuit	Dancin' to the Oldies (Gym)	Sr. FIT Circuit	Dancin' to the Oldies (Gym)	
10:15 AM						
11:00 AM	Yoga II		Yoga II	Pilates Mat (S-1)	Yoga II	
11:05 AM	Silver Sneakers®	Tai Chi	Silver Sneakers®	Tai Chi	Silver Sneakers®	
12:05 PM	F.I.T. Circuit		F.I.T. Circuit			
4:15 PM	Step		Step			<b>sun</b>
4:30 PM					Studio Cycling Fun Fit Fridays	9:30 AM Cycling
5:00 PM						4:00 PM Cycling
5:30 PM	Yoga II	Yoga I		Yoga I		
	Studio Cycling		Studio Cycling			
6:00 PM		Studio Cycling		Studio Cycling	 For questions about the GX schedule contact Patti at 792-0278; Highlights denote new class or time; S-1: Studio 1 MB: Mat 2 Pilates Circuit 3	
6:30 PM						
			Pilates Mat w/ Roller			

7:30 PM	SH'BAM				1; MB: Mind & Body Studio; Front Desk: 792-0200
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All Group Exercise Classes are 55 minutes unless stated otherwise. You may visit our website at [www.myfrancos.com](http://www.myfrancos.com) for more information. For Childcare Hours or Childcare Holiday Hours, please contact the Childcare Dept. at 985-792-0210.

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