

## MFT STUDIO CLASSES

### Multi-Functional Training Studio (1st Floor)

Also known as the "MFT room", is located on the first floor, street view of our beloved Garden District. This studio hosts the majority of our Small Group Classes, Studio Cycle and TRX classes. In addition to Group Exercise, we utilize this studio for our personal one on one or Group Training program. Our members are always welcome to utilize this space outside of scheduled classes. Great for: Stretching, HIIT training, boxing, TRX, battle ropes, medicine ball slams, box jumps and much more.

Early morning

Mid morning

Lunch time

Evening

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cardio Cross Train Kim W 5:30am (40m)	Studio Cycle Kim W 5:30am (60m)	Power 30 Kim W 5:30am (30m)	Studio Cycle Kim W 5:30am (60m)	Power 30 Jenna M 5:30am (30m)	
		Power 30 Kim W 6:30am (30m)	Studio Cycle Kim W 6:15am (60m)	Power 30 Kim W 6:30am (30m)	Cardio Cross Train Kim W 6:15am (40m)	
	Power 30 Alana J 7:00am (30m)					
	Cardio Cross Train Alana J 8:00am (60m)		Cardio Cross Train Nina S 8:00am (60m)		Own the Tone Alana J 8:00am (60m)	Studio Cycle Melissa K 8:00am (60m)
		Ripped Ride Alana J 9:00am (60m)		Ripped Ride Alana J 9:00am (60m)		
SPRINT Agneiszka N 9:30am (30m)						
POWER 40 Veronika B 10:30am (40m)						
						Ripped Ride Gracie G 11:15am (60m)
	Power 30 Alana J 12:00pm (30m)	POWER 40 Alana J 12:15pm (40m)	Power 30 Alana J 12:00pm (30m)	POWER 40 Alana J 12:15pm (40m)	Power 30 Joey W 12:00pm (30m)	
	Power 30 Sarah P 4:30pm (30m)		Power 30 Sarah P 4:30pm (30m)			
	Boot Camp Veronika B 5:15pm (45m)	Power 30 Kyler P 5:30pm (30m)	Boot Camp Kyler P 5:15pm (45m)	Power 30 Veronika B 5:30pm (30m)		
	Power 40 Sarah P 6:15pm (40m)	SPRINT Agneiszka 6:15pm (30m)	Studio Cycle Sarah P 6:15pm (45m)	SPRINT David N 6:15pm (30m)	SPRINT David N 6:15pm (30m)	

## STUDIO ONE CLASSES

### Studio One (2nd Floor)

Also known as the "Group Ex Studio", is located on the second floor, overlooking our courtyard. This studio hosts the majority of our large Group Classes such as our Les Mills program, yoga, barre, Pilates Mat, and some of our higher attended HIIT and toning classes. In addition to Group Exercise, we utilize this studio for our personal one on one or Group Training program. Our members are always welcome to utilize this space outside of scheduled classes. Great for: Stretching, yoga, barre, low impact weight lifting, resistance band training and much more.

Early morning

Mid morning

Lunch time

Evening

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Own the Tone Sarah P 5:30am (45m)		Own the Tone Sarah P 5:30am (45m)		
			Body Pump David N 6:00am (60m)			
	Resorative Yoga Alex O 7:15am (60m)		Resorative Yoga Alex O 7:15am (60m)		Resorative Yoga Alex O 7:15am (60m)	
		Barre Burn Nina S 8:00am (60m)		Barre Burn Nina S 8:00am (60m)		Yoga Flow Agneiszka N 8:00am (60m)
	Body Pump Emily W 9:00am (60m)		Body Pump Emily W 9:00am (60m)		Body Pump Emily W 9:00am (60m)	LM Barre Lauren A 9:30am (60m)
Strong by Zumba Veronika B 9:15am (40m)						
Body Pump Jenna M 10:05am (60m)						Body Combat Agneiszka N 10:00am (60m)
Body Flow Agneiszka N 11:15am (60m)						Body Combat Lauren A 11:00am (60m)
	Yoga Strength Aaron B 12:15pm (60m)	POWER 40 Alana J 12:15pm (40m)		POWER 40 Alana J 12:15pm (40m)	Yoga Strength KT Lynn 12:15pm (60m)	
	Barre Burn Aaron B 2:00pm (60m)	Pilates Mat Brani I 2:00pm (60m)	Barre Burn Aaron B 2:00pm (60m)	Pilates Mat Brani I 2:00pm (60m)	Barre Burn Aaron B 2:00pm (60m)	
	Own the Tone Sarah P 5:15pm (45m)	Barre Burn Aaron B 5:30pm (45m)	Own the Tone Sarah P 5:15pm (45m)	Barre Burn Aaron B 5:30pm (45m)	LM Core Agneiszka N 5:30pm (30m)	
	LM Core Agneiszka N 6:00pm (30m)		LM Core David N 6:00pm (30m)			
	Body Combat Nesh/Viv 6:30pm (60m)	Body Pump Vivian D 6:30pm (60m)	Body Combat Nesh/Viv 6:30pm (60m)	Body Pump Vivian 6:30pm (60m)		
	Yin Yoga Flow KT Lynn 7:45pm (60m)	Vinyasa Yoga Branni 7:45pm (60m)	Yin Yoga Flow KT Lynn 7:45pm (60m)	Vinyasa Yoga Brani I 7:45pm (60m)		

# Class Descriptions

-Power 30/40: These classes are high intensity interval training, or HIIT, classes designed as a useful workout to get you started without spending countless hours in the gym. (MFT/S1)

-Studio Cycle: Franco's on Magazine Exclusive Indoor Cycling Class. Your instructor will take you through a challenging class that focuses on cadence, jumps, sprints, and climbs for a ride that improves overall athletic performance. (MFT)

-Cardio Cross-Train: This class focuses on combining functional cardio training including resistance, plyometric, stamina and agility while moving through high-intensity and low-intensity intervals to train past your anaerobic threshold to burn fat more consistently. (MFT/S1)

-Ripped Ride: This class is split between 30m TRX and 30m Spin, focusing on exercises that build strength, balance, & medium to high-intensity cardio intervals both on and off the TRX and Spin Bike. (MFT) *\*\*Option to take one portion of class*

-Own The Tone.: This Half Circuit Work - Half Floor Work Class will have you using muscles you never knew existed! If you're looking to get a great booty workout, OTT is the class for you! (MFT/S1)

-Boot Camp: Take your fitness boot camp sessions to the next level by integrating fun, beat-driven workout with high-intensity intervals focused on keeping your heart rate up and recovering with periods of low-intensity strength exercises. This class is a high energy, all cardio workout that will have you sweating, smiling and having fun! (MFT)

-Pilates Mat: Mat Pilates involves performing Pilates exercises on the floor using a Pilates, or yoga mat. ... The main fitness goals of a mat pilates program include improved flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness (S1)

-Yoga: Flow (AM), Strength (NOON) and Vinyasa/Yin (PM) Whether you want to build move fluidly, build endurance and strength or flexibility of body AND mind, Experience the full benefits of the yoga program by consistent practice at Franco's (S1)

-Barre Burn: Our signature barre workout is designed to trim, tighten and tone your entire body. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long, and lean physique in record time. (S1)

# LES MILLS

**\*\*\*We offer the world-leading brand in group exercise program, Les mills, at Franco's on Magazine. Classes such as Body Pump, Body Combat, LM CORE/CX, LM Barre, Body Flow and SPRINT can all be found on our schedule. For more info, please visit: [Lesmills.com/us/workouts/all](http://Lesmills.com/us/workouts/all)**

**Sign up for class!**



Franco's Magazine class sign up can be accessed from the Mind Body app found on your mobile app store or PC. When finished with mobile download, Please use the email you used to register for membership. If you are a guest, make sure to opt in to our subscription for deals and promos on classes and other Franco's fun!

**\*FOR ANY ISSUES/INQUIRY ABOUT YOUR MIND & BODY ACCOUNT, PLEASE EMAIL [magazine@myfrancos.com](mailto:magazine@myfrancos.com)**