



HARAHAN GROUP FITNESS SCHEDULE: 2020 RENOVATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM: SPINNING Scott- Kidsports	5:45 AM: BODY PUMP Brenda- Studio A	5:30 AM: GRIT Scott- Studio A	6:00 AM: BODYPUMP Kathleen- Studio A	5:45 AM: SPINNING Daniel- Kidsports	8:00 AM: SPINNING EXTENDED RIDE Scott- Kidsports	8:00 AM: BODYPUMP Scott- Studio A
6:30 AM: YOGA ALL LEVELS Linda - Studio D	6:00 AM: SPINNING Linda- Kidsports	6:00 AM: PILATES MAT Heather/Michele- Studio B	9:00 AM: SPINNING Melissa- Kidsports	6:00 AM: GRIT Stephanie- Studio A	8:00 AM: BODYATTACK Steph/Nikki- Studio A	9:00 AM: BODYATTACK Stephanie/Angel- Studio A
8:00 AM: LOW IMPACT Robert- Studio B	6:00 AM: GRIT Kelly- Studio A	6:00 AM: SPINNING Mike P- Kidsports	9:00 AM: 30 MIXER Sherian- Studio A	6:30 AM: YOGA ALL LEVELS Rachel- Studio D	8:00 AM: PILATES MAT Heather- Studio D	9:00 AM: SPINNING Michele/Christina- Kidsports
8:15 AM: CX WORX Donna - Studio A	9:00 AM: 30 MIXER Sherian- Studio A	6:30 AM: YOGA ALL LEVELS Linda- Studio D	9:30 AM: 30 MIXER Sherian- Studio A	8:00 AM: LOW IMPACT Robert- Studio B	8:30 AM: ZUMBA Luz- Studio B	9:00 AM: ADVANCED STEP Scott- Studio B
8:45 AM: BEGINNER STEP Donna - Studio A	9:00 AM: SPINNING Gary- Kidsports	8:30 AM: CX WORX CX Team- Studio A	10:00 AM: PILATES MAT Tory- Studio A	8:30 AM: CX WORX Donna- Studio A	9:00 AM: YOGA ALL LEVELS Louanne- Studio D	9:00 AM: BEGINNER YOGA Laura- Studio D
9:00 AM: SPINNING John- Kidsports	9:30 AM: 30 MIXER Sherian- Studio A	9:00 AM: SPINNING Melissa- Kidsports	10:15 AM: YOGA BEGINNER Linda- Afterburn	9:00 AM: BODYFLOW Luz O.- Studio D	9:00 AM: BODYPUMP Luz O.- Studio A	10:00 AM: BODYPUMP Stephanie- Studio A
9:30 AM: 30 MIN BODYFLOW Donna - Studio A	10:00 AM: PILATES MAT Tory- Studio A	9:30 AM: GRIT Kelly- Studio A	12:00 PM: BODYPUMP Bonnie- Studio A	9:00 AM: SPINNING John- Kidsports	9:00 AM: BODYPUMP Luz O.- Studio A	10:15 AM: YOGA INT-ADV LEVEL Laura- Studio D
10:15 AM: YOGA BEGINNER Louanne- Afterburn	10:15 AM: YOGA BEGINNER Linda- Afterburn	10:00 AM: BARRE FIT Sherian- Reformer Room	5:00 PM: BOOT CAMP Bonnie- Studio B	9:15 AM: STEP Donna- Studio B	9:30 AM: GRIT Nikki- Studio B	
10:15 AM: BODYPUMP Cheri/Lindsay- Studio A	12:00 PM: BODYPUMP Bonnie- Studio A	10:15 AM: YOGA ALL LEVELS Louanne- Afterburn	5:30 PM: RPM/CYCLING Tami- Kidsports	9:30 AM: GRIT Kelly H.- Studio A	9:30 AM: SPINNING John- Kidsports	
11:15 AM: ZUMBA Tish- Studio A	5:00 PM: BODYPUMP Dana- Studio B	10:15 AM: BODYPUMP Luz- Studio A	5:30 PM: GRIT Kathleen- Studio A	10:15 AM: YOGA ALL LEVELS Rachel- Afterburn	10:00 AM: BARRE FIT Sherian- Reformer Room	
12:00 PM: SPINNING Chris- Kidsports	5:30 PM: SPINNING Michele- Kidsports	11:15 AM: BODYCOMBAT Luz O.- Studio A	6:05 PM: ADVANCED STEP Scott- Studio A	10:15 AM: BODYPUMP Kelly Z- Studio A	10:00 AM: STEP Wendy- Studio B	
12:15 PM: SHRED IT Bonnie- Studio A	5:30 PM: BODYATTACK BA Team- Studio A	12:00 PM: SPINNING Chris- Kidsports	6:00 PM: YOGA ALL LEVELS Linda- Studio D	12:00 PM: 45 MIN BODYATTACK Angela/Kelly- Studio A	10:00 AM: BODYCOMBAT Luz O.- Studio A	
4:45 PM: MMA STRONG Bonnie- Studio B	6:00 PM: ZUMBA Deneda- Studio B	4:30 PM: CX WORX Tammy- Studio B	6:00 PM: YOGA ALL LEVELS Linda- Studio D	11:00 AM: CX WORX Wendy- Studio B		
5:30 PM: BODYFLOW Kathleen- Studio D	6:00 PM: YOGA ALL LEVELS Kathleen- Studio D	5:00 PM: MMA STRONG Bonnie- Studio B	6:00 PM: BODYCOMBAT Luz- Studio A			
5:30 PM: BODYPUMP Bonnie/Angel- Studio A	6:30 PM: CX WORX Tammy- Studio A	5:30 PM: BARRE FIT Caroline- Reformer Room	7:00 PM: BODYPUMP Scott- Studio A	11:30-1PM: STUDIO D RESERVED FOR OCHSNER HOSPITAL		
5:30 PM: SPIN CIRCUIT Noel- Kidsports		5:45 PM: GRIT Kathleen- Studio B		5:30 PM: BODYPUMP Priscilla- Studio A		
5:45 PM: GRIT Scott- Studio B		6:00 PM: BODYPUMP Luz- Studio A				
6:30 PM: YOGA WITH WEIGHTS Louanne- Studio D		6:00 PM: YOGA ALL LEVELS Louanne- Studio D				
6:30 PM: ZUMBA Charmaine- Studio A		6:00 PM: SPINNING Christian- Kidsports				
6:30 PM: BODYCOMBAT Tammy- Studio B		6:15 PM: 30 MIN BODYFLOW Kathleen- Studio B				
		6:45 PM: ZUMBA Luz Studio B				