

# Ochsner Fitness Center - Heritage

## Group Fitness Schedule

7/31/2019



Monday	Time	Class	Studio	Instructor
	6:00 AM	LES MILLS BODYPUMP	A	Wendy
	9:00 AM	LES MILLS BODYCOMBAT	A	Luz
	10:00 AM	LES MILLS BODYPUMP	A	Luz
	9:30 AM	SPINNING	Spinning Studio	Joy
	5:30 PM	SPINNING	Spinning Studio	Alicia
	5:30 PM	LES MILLS BODYPUMP	A	Mandy
	6:30pm	Tabata Circuit	A	Deneda/Angel

Wednesday	Time	Class	Studio	Instructor
	6:00 AM	LES MILLS BODYPUMP	A	Wendy
	9:00 AM	LES MILLS CXWORX	A	Gene
	9:30 AM	SPINNING	Spinning Studio	Joy
	5:30PM	30 Minute Tabata Circuit	A	Deneda/Angel
	5:30PM	SPINNING	Spinning Studio	Michael
	6:05-6:50PM	LES MILLS BODYCOMBAT	A	Angel
	6:50-7:30PM	ZUMBA	A	Deneda

Friday	Time	Class	Studio	Instructor
	6:00AM	LES MILLS BODYPUMP	A	Claudia
	9:00 AM	LES MILLS BODYCOMBAT	A	Angel
	9:30 AM	SPINNING	Spinning Studio	Joy
	11:00 AM	LES MILLS BODYPUMP	A	Joy

Tuesday	Time	Class	Studio	Instructor
	5:45am	SPINNING	Spinning Studio	Scott
	9:00 AM	H.I.T.T.	A	Kelly
	9:30 AM	Triple Threat	A	Jen
	10:30 AM	TriYoga	A	Karen
	12:00 PM	Pilates All Levels	A	Kayne
	5:30 PM	LES MILLS BODYPUMP	A	Mandy
6:30 PM	TriYoga	A	Karen	

Thursday	Time	Class	Studio	Instructor
	5:30AM	SPINNING	Spinning Studio	Michele
	9:00 AM	H.I.I.T.	A	Kelly
	9:30 AM	LES MILLS BODYPUMP	A	Cheri
	10:30 AM	TriYoga	A	Karen
	12:00 PM	Pilates All Levels	A	Kayne
	5:30 PM	LES MILLS BODYPUMP	A	Angel
	6:30 PM	LES MILLS BODYATTACK	A	Angel
6:30PM	TriYoga	YOGA ROOM	Karen	

Saturday	Time	Class	Studio	Instructor
	8:00 AM	Tabata Circuit	A	Deneda/Angel
	8:30 AM	SPINNING	Spinning Studio	Priscilla
	9:00 AM	ZUMBA	A	Angel
10:00 AM	LES MILLS BODYPUMP	A	Angel	

