

# HARAHAN GROUP FITNESS SCHEDULE: 2020 RENOVATIONS

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