

MONDAY	Time	Class	Studio	Instructor	WEDNESDAY	Time	Class	Studio	Instructor	FRIDAY	Time	Class	Studio	Instructor	
	5:45 AM	SPINNING	Spinning Studio	Scott		5:30 AM	GRIT	A	Scott		5:45 AM	SPINNING	Spinning Studio	Daniel	6:00 AM
6:30 AM	Yoga All Levels	D	Linda	6:00 AM	Pilates	B	Heather/Rena	6:30 AM	Yoga All Levels	D	Rachel	8:00 AM	Low Impact	A	Morris
8:00 AM	Low Impact	A	Morris	6:00 AM	SPINNING	Spinning Studio	Mike P	8:30 AM	EXWORX	B	Donna	9:00 AM	EXWORX	B	Donna
8:15 AM	EXWORX	B	Donna	6:30 AM	Yoga All Levels	D	Linda	9:00 AM	EXWORX	B	Donna	9:00 AM	SPINNING	Spinning Studio	John
8:45am	Beginner Step	B	Donna	8:30 AM	EXWORX	B	CX Team	9:00 AM	SPINNING	Spinning Studio	Melissa	9:00 AM	SPINNING	Spinning Studio	John
9:00 AM	SPINNING	Spinning Studio	John	9:00 AM	SPINNING	Spinning Studio	Melissa	9:00 AM	Barre Fit	Reformer Room	Sherian	9:15 AM	Step	A	Donna
9:30am	30 min  BODYFLOW	B	Donna	9:30 AM	GRIT	B	GRIT Team	9:30 AM	GRIT	A	Donna	9:30 AM	GRIT	B	GRIT Team
10:00 AM	Yoga Beginner	D	Louanne	10:00 AM	Yoga All Levels	D	Louanne	10:00 AM	BODYPUMP	B	Luz	10:00 AM	Yoga All Levels	D	Laura
10:15 AM	BODYPUMP	B	Brandy	10:15 AM	BODYPUMP	B	Luz	10:15 AM	BODYCOMBAT	B	Luz O.	10:15 AM	BODYPUMP	B	Kelly/Heather
11:15 AM	ZUMBA	B	Tish	11:15 AM	BODYCOMBAT	B	Luz O.	12:00 PM	30 min  BODYFLOW	B	Luz O.	12:00pm	45 min  BODYATTACK	B	Angela/Kelly
12:00 PM	SPINNING	Spinning Studio	Chris	12:00 PM	SPINNING	Spinning Studio	Chris	12:00 PM	SPINNING	Spinning Studio	Chris	11:30-1PM	STUDIO D RESERVED OCHSNER HOSPITAL		
12:15 PM	Shred IT	B	Bonnie	4:30 PM	EXWORX	B	Gene	5:00 PM	EXWORX	B	Gene	5:30 PM	BODYPUMP	b	Priscilla
4:45 PM	MMA STRONG	B	Bonnie	5:00 PM	MMA STRONG	B	Bonnie	5:30 PM	Barre Fit	Reformer Room	BF Team				
5:30PM	BODYFLOW	D	Kathleen	5:30 PM	Barre Fit	Reformer Room	BF Team	5:45PM	GRIT	A	Kathleen				
5:30 PM	BODYPUMP	B	Bonnie	5:45PM	GRIT	A	Kathleen	6:00 PM	BODYPUMP	B	Luz				
5:30 PM	SPIN CIRCUIT	Spinning Studio	Noel	6:00 PM	BODYPUMP	B	Luz	6:00 PM	Yoga All Levels	D	Louanne				
5:45PM	GRIT	A	Scott	6:00 PM	SPINNING	Spinning Studio	Mike P	6:00 PM	SPINNING	Spinning Studio	Mike P				
6:30 PM	Yoga with weights	D	Louanne	6:15 PM	30 min  BODYFLOW	A	Kathleen	6:45 PM	ZUMBA	A	Luz				
6:30PM	ZUMBA	A	Charmaine	6:45 PM	ZUMBA	A	Luz								
6:30PM	BODYCOMBAT	B	Tammy												

TUESDAY	Time	Class	Studio	Instructor	THURSDAY	Time	Class	Studio	Instructor	SATURDAY	Time	Class	Studio	Instructor	
	5:45am	BODYPUMP	B	Brenda		6:00 AM	BODYPUMP	B	Jessica		8:00 AM	SPINNING (Extended Ride)	Spinning Studio	Scott	8:00 AM
6:00 AM	SPINNING	Spinning Studio	Linda	9:00 AM	SPINNING	Spinning Studio	Melissa	8:00 AM	BODYATTACK	A	Steph/ Nikki	8:00 AM	Pilates All Levels	D	Heather
6:00am	GRIT	A	Kelly	9:00 AM	*30 MIXER	B	Sherian	8:30 AM	ZUMBA	B	Luz	9:00 AM	Yoga All Levels	D	Louanne
9:00 AM	30 Mixer	B	Sherian	9:30AM	*30 MIXER	B	Sherian	9:00 AM	Barre Fit	Reformer Room	Sherian	9:00 AM	GRIT	A	Nikki
9:00 AM	SPINNING	Spinning Studio	Gary	10:00 AM	Pilates All Levels	A	Tory	9:30AM	*30 MIXER	B	Sherian	9:15 AM	GRIT	A	Nikki
9:30 AM	30 Mixer	B	Sherian	10:00 AM	Yoga Beginners	D	Linda	9:30AM	*30 MIXER	B	Sherian	9:30 AM	SPINNING	Spinning Studio	John
10:00 AM	Pilates All Levels	A	Tory	12:00 PM	BODYPUMP	B	Bonnie	9:35AM	BODYPUMP	B	Luz O.	10:00 AM	Step	A	Wendy
10:00 AM	Yoga Beginners	D	Linda	5:00 PM	BOOT CAMP	B	Bonnie	10:00 AM	Step	A	Wendy	10:35AM	BODYCOMBAT	B	Luz O.
12:00 PM	BODYPUMP	B	Bonnie	5:30 PM	RPM/Cycling	Spinning Studio	Tami	11:00 AM	EXWORX	A	Wendy				
5:00 PM	BODYPUMP	B	Dana	5:30 PM	GRIT	A	Kathleen								
5:30 PM	SPINNING	Spinning Studio	Michele	6:00 PM	Advanced Step	A	Scott								
5:30 PM	BODYATTACK	A	BA Team	6:00 PM	Yoga All Levels	D	Linda								
6:00 PM	ZUMBA	B	Deneda	6:00 PM	BODYCOMBAT	B	Stephanie								
6:00 PM	Yoga All Levels	D	Kathleen	7:00 PM	BODYPUMP	B	Scott								
6:30 PM	EXWORX	A	Tammy												

Pilates Group Reformer and Private sessions available.

Private Yoga sessions also available.

Contact Bonnie LeBlanc for additional information

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