# Ochsner Fitness Center

## MONDAY

| Time | Studio | Class | Instructor |
|---|---|---|---|
| 5:30 AM | RL | Ride Lab | Ann |
| 6:30 AM | ZL | Yoga All Levels | Linda |
| 8:15 AM | A | CxWorx | Donna |
| 9:00 AM | A | Beginner Step | Donna |
| 9:00 AM | RL | Ride Lab | Noel |
| 10:00 AM | ZL | Yoga Beginner | Louanne |
| 10:15AM | BC | Body Pump | Cheri/Lindsey |
| 10:30 AM | A | Zumba | Tish |
| 12:00 PM | RL | Ride Lab | Bonnie |
| 12:00 PM | A | Shred IT | Kelly/Angela |
| 4:30 PM | BC | Boot Camp 45 | Bonnie |
| 4:45 PM | RL | Body Beats Ride Lab (30) | Noel |
| 5:30 PM | BC | Body Pump | Angel |
| 5:30 PM | ZL | Body Flow (45) | Kathleen |
| 5:30 PM | RL | Ride Lab | Diedra |
| 5:45 PM | A | Grit | Tammy |
| 6:30 PM | ZL | Yoga with Weights | Louanne |
| 6:35 PM | BC | Zumba | Charmaine |
| 6:40 PM | A | Body Combat | Tammy |

## TUESDAY

| Time | Studio | Class | Instructor |
|---|---|---|---|
| 5:15 AM | RL | Body Beats Ride Lab (30) | Noel |
| 5:45 AM | BC | Body Pump | Brenda |
| 6:00 AM | RL | Ride Lab | Christian |
| 8:45 AM | ZL | Vinyasa Flow All Levels | Ashley |
| 9:00 AM | A | Body Circuit | Sherian |
| 9:00 AM | RL | Ride Lab | Gary |
| 10:00 AM | ZL | Beginner Yoga | Linda |
| 10:15 AM | A | Pilates Mat | Tory |
| 12:00 PM | BC | Body Pump | Cheri |
| 5:00 PM | BC | Body Pump | Dana |
| 5:30 PM | RL | Ride Lab | Michele |
| 5:30 PM | A | Cxworx | Tammy |
| 6:00 PM | ZL | Yoga All Levels | Linda |
| 6:15 PM | BC | Pilates Mat | Caroline |
| 6:15 PM | A | Body Attack | BA Team |

## WEDNESDAY

| Time | Studio | Class | Instructor |
|---|---|---|---|
| 5:30 AM | A | Grit | Robert |
| 5:30 AM | RL | Ride Lab | Michele |
| 6:30 AM | ZL | Yoga All Levels | Linda |
| 9:00 AM | RL | Ride Lab | Bonnie |
| 9:30 AM | A | Grit | Tammy |
| 9:00 AM | ZL | Barre Fitt | Sherian |
| 10:00 AM | ZL | Yoga All Levels | Louanne |
| 10:15 AM | BC | Body Pump | Luz |
| 11:30 AM | A | Body Combat | Luz |
| 12:00 PM | RL | Ride Lab | Tami C. |
| 4:45 PM | A | Cxworx | Tammy |
| 4:45 PM | RL | Body Beats Ride Lab (30) | Noel |
| 5:30 PM | ZL | Barre Fit | Caroline |
| 5:30 PM | A | Grit | Kathleen |
| 6:00 PM | BC | Body Pump | Luz |
| 6:00 PM | RL | Ride Lab | Ann |
| 6:10 PM | A | Body Flow (30) | Kathleen |
| 6:30 PM | ZL | Vinyasa Flow Int/Adv | Ashley |
| 6:45 PM | A | Zumba | Luz L. |

## THURSDAY

| Time | Studio | Class | Instructor |
|---|---|---|---|
| 5:15 AM | RL | Body Beats Ride Lab (30) | Noel |
| 6:00 AM | BC | Body Pump | Kathleen |
| 6:00 AM | RL | Ride Lab | Mike P. |
| 8:45 AM | ZL | Vinyasa Flow All Levels | Ashley |
| 9:00 AM | RL | Ride Lab | Tami C. |
| 9:00 AM | A | Body Circuit | Sherian |
| 10:00 AM | ZL | Yoga Beginners | Linda |
| 10:15 AM | A | Pilates Mat | Tory |
| 12:00 PM | BC | Body Pump | Angela |
| 4:30 PM | BC | Boot Camp (45) | Team |
| 5:30 PM | RL | Ride Lab | Mark |
| 5:30 PM | BC | Advanced Step | Alternating |
| 5:30 PM | ZL | Power Yoga | Tami C. |
| 5:45 PM | A | Grit | Mary Beth |
| 6:30 PM | A | Body Combat | Stephanie |
| 6:30 PM | BC | Body Pump | Luz |

## FRIDAY

| Time | Studio | Class | Instructor |
|---|---|---|---|
| 5:45 AM | RL | Ride Lab | Daniel |
| 6:00 AM | A | Grit | Stephanie |
| 6:30 AM | ZL | Yoga All Levels | Rachel |
| 8:30 AM | A | Cxworx/Step | Donna |
| 9:00 AM | RL | Ride Lab | John |
| 9:00 AM | ZL | Barre Fit | Sherian |
| 9:45 AM | A | Boot Camp | Kelly |
| 10:00 AM | ZL | Yoga All Levels | Rachel |
| 10:15 AM | BC | Body Pump | Kelly Z. |
| 11:30 AM | A | Body Attack (45) | Angela/Kelly |
| 5:30 PM | BC | Body Pump | Priscilla |
| 5:30 PM | RL | Ride Lab | Rotation |

## SATURDAY

| Time | Studio | Class | Instructor |
|---|---|---|---|
| 8:00 AM | RL | Ride Lab Ext Ride | John |
| 8:00 AM | A | Body Attack (50) | Stephanie |
| 8:00 AM | BC | Pilates Mat (50) | Heather |
| 9:00 AM | BC | Zumba (50) | Luz L. |
| 9:00 AM | ZL | Barre Fit | Sherian |
| 9:15 AM | A | Grit | Mary Beth |
| 9:30 AM | RL | Ride Lab | John/Alternating |
| 10:00 AM | BC | Body Pump | Luz O. |
| 10:00 AM | ZL | Yoga All Levels | Louanne |
| 10:00 AM | A | Step | Donna/Sarah |
| 11:10 AM | A | Body Combat | Luz O. |
| 11:00 AM | RL | Ride Lab | Michele/Christian |

## SUNDAY

| Time | Studio | Class | Instructor |
|---|---|---|---|
| 8:00 AM | A | Advanced Step | Scott |
| 9:00 AM | ZL | Body Flow (alternating weeks) | Kathleen |
| 9:00 AM | RL | Ride Lab | Michele |
| 9:15 AM | A | Body Attack (45) | Steph/Angel |
| 10:00 AM | ZL | Vinyasa Flow All Levels | Ashley |
| 11:15 PM | ZL | Vinyasa Flow Int/Adv | Ashley |
| 10:30 AM | BC | Body Pump | Stephanie |

## STUDIO KEY

STUDIO A Located across from Café

RL - Ride Lab

ZEN LAB - Yoga/Mind/Body

STUDIO RR - Reformer Room

Studio BC - Located behind inside pool area

***SCHEDULE SUBJECT TO CHANGE AT ANYTIME***