

Ochsner Fitness Center - **Heritage**
Group Fitness Schedule

10/14/2020



	Time	Class	Studio	Instructor		Time	Class	Studio	Instructor
Monday	6:00 AM	LES MILLS BODYPUMP	A	Wendy	Tuesday	5:45am	SPINNING	Spinning Studio	Scott
	9:00 AM	LES MILLS BODYCOMBAT	A	Luz		9:00 AM	GRIT	A	Kelly
	10:15 AM	LES MILLS BODYPUMP	A	Luz		9:45 AM (45 min)	Triple Threat	A	Jen
	9:30 AM	SPINNING	Spinning Studio	Melissa		10:45 AM	Yoga - All Levels	A	Karen
	5:30 PM (45 min)	LES MILLS BODYPUMP	A	Mandy		12:00 PM	Pilates Mat	A	Kayne
	5:30 PM	SPINNING	Spinning Studio	Mark		5:30 PM	LES MILLS BODYPUMP	A	Mandy
	6:30pm	Tabata Circuit	A	Robert		6:30 PM	Yoga - All Levels	Yoga Room	Karen
Wednesday	Time	Class	Studio	Instructor	Thursday	Time	Class	Studio	Instructor
	5:45AM	SPINNING	Spinning Studio	Mark		5:30AM	SPINNING	Spinning Studio	Michele
	6:00 AM	LES MILLS BODYPUMP	A	Wendy		8:45 AM	GRIT	A	Kelly
	9:00 AM	LES MILLS CXWORX	A	Toria		9:30 AM	LES MILLS BODYPUMP	A	Kelly
	9:30 AM	SPINNING	Spinning Studio	Melissa		10:45 AM	Yoga - All Levels	A	Karen
	10:00AM	LES MILLS BODYPUMP	A	Toria		12:00 PM	Pilates Mat	A	Kayne
	5:30PM	30 Minute Tabata Circuit	A	Robert		5:30 PM	LES MILLS BODYPUMP	A	Angel
	5:30PM	SPINNING	Spinning Studio	Michele		6:30 PM	LES MILLS BODYATTACK	A	Angel/Angela
	6:15pm	LES MILLS BODYCOMBAT	A	Angel		6:30PM	Yoga - All Levels	Yoga Room	Karen
Friday	Time	Class	Studio	Instructor	Saturday	Time	Class	Studio	Instructor
	6:00AM	LES MILLS BODYPUMP	A	Claudia		8:30 AM	GRIT	A	Angel
	9:00 AM	LES MILLS BODYCOMBAT	A	Angel		8:30 AM	SPINNING	Spinning Studio	Priscilla
	9:30 AM	SPINNING	Spinning Studio	Michele		9:00 AM	ZUMBA	A	Angel
10:15 AM	LES MILLS BODYPUMP	A	Angel	10:00 AM	LES MILLS BODYPUMP	A	Angel		

	Time	Class	Studio	Instructor	SENIOR CLASS SCHEDULE
MONDAY	9:30AM	Water -Balance & Flex	Pool	Janice	
	11:30 AM	Silver Sneaker Yoga	Yoga RM	Karen	
TUESDAY	1:30pm	Line Dancing	A	Brenda	
WEDNESDAY	12:30pm	Senior Cardio	A	Linda S.	
THURSDAY	1:30pm	Senior Cardio	A	Linda S.	
FRIDAY	11:15pm	Senior Yoga	Yoga RM	Linda L.	

Schedules subjected to change at anytime.