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	Jeannette
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
4:45 PM	BC	Box & Burn 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	Haley
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
5:00 PM	BC	Box & Burn Boot Camp 45	Bonnie
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)	Haley
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