

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

8/14/2020



	Time	Class	Studio	Instructor
<b>Monday</b>	6:00 AM	LES MILLS BODYPUMP	A	Wendy
	9:00 AM	LES MILLS BODYCOMBAT	A	Luz
	10:15 AM	LES MILLS BODYPUMP	A	Luz
	9:30 AM	SPINNING	Spinning Studio	Melissa
	5:30 PM (45 min)	LES MILLS BODYPUMP	A	Mandy
	5:30 PM	SPINNING	Spinning Studio	Alicia
	6:30pm	Tabata Circuit	A	Robert
	Time	Class	Studio	Instructor
<b>Wednesday</b>	5:45AM	SPINNING	Spinning Studio	Mark
	6:00 AM	LES MILLS BODYPUMP	A	Wendy
	9:00 AM	LES MILLS CXWORX	A	Toria
	9:30 AM	SPINNING	Spinning Studio	Melissa
	10:00AM	LES MILLS BODYPUMP	A	Toria
	5:30PM	30 Minute Tabata Circuit	A	Robert
	5:30PM	SPINNING	Spinning Studio	Michele
	6:15pm	LES MILLS BODYCOMBAT	A	Angel
	Time	Class	Studio	Instructor
<b>Friday</b>	6:00AM	LES MILLS BODYPUMP	A	Claudia
	9:00 AM	LES MILLS BODYCOMBAT	A	Angel
	9:30 AM	SPINNING	Spinning Studio	Michele
	10:15 AM	LES MILLS BODYPUMP	A	Lindsay

	Time	Class	Studio	Instructor
<b>Tuesday</b>	5:45am	SPINNING	Spinning Studio	Scott
	9:00 AM	H.I.I.T.	A	Kelly
	9:45 AM (45 min)	Triple Threat	A	Jen
	10:45 AM	Yoga - All Levels	A	Karen
	12:00 PM	Pilates Mat	A	Kayne
	5:30 PM	LES MILLS BODYPUMP	A	Mandy
	6:30 PM	Yoga - All Levels	Yoga Room	Karen
		Time	Class	Studio
<b>Thursday</b>	5:30AM	SPINNING	Spinning Studio	Michele
	8:45 AM	H.I.I.T.	A	Kelly
	9:30 AM	LES MILLS BODYPUMP	A	Cheri
	10:45 AM	Yoga - All Levels	A	Karen
	12:00 PM	Pilates Mat	A	Kayne
	5:30 PM	LES MILLS BODYPUMP	A	Angel
	6:30 PM	LES MILLS BODYATTACK	A	Angel/Angela
	6:30PM	Yoga - All Levels	Yoga Room	Karen
	Time	Class	Studio	Instructor
<b>Saturday</b>	8:00 AM	Tabata Circuit	A	Angel
	8:30 AM	SPINNING	Spinning Studio	Priscilla
	9:00 AM	ZUMBA	A	Angel
	10:00 AM	LES MILLS BODYPUMP	A	Angel

Schedule subjected to change at anytime.