


Ochsner Fitness Center - **Downtown**  
Group Fitness Schedule



	Time	Class	Studio	Instructor
<b>Monday</b>	11:30AM	Power Yoga	RBC	Patrick
	12:00 PM	 LES MILLS BODYPUMP	A	Sherian
	5:30 PM	Tabata Boot Camp	A	Sherian
	Time	Class	Studio	Instructor
<b>Wednesday</b>	12:00 PM	 LES MILLS BODYPUMP	A	Sherian
	5:00 PM	AB FITT	A	Sherian
	5:30 PM	Spin Express 30	Spinning Studio	Sherian
	Time	Class	Studio	Instructor
<b>Friday</b>				
	12:00 PM	 SPINNING	Spinning Studio	Sherian

	Time	Class	Studio	Instructor
<b>Tuesday</b>	12:00PM	Tabata Cardio (45 minutes)	A	Sherian
	5:30 PM	 LES MILLS BODYPUMP	A	Sherian
	Time	Class	Studio	Instructor
<b>Thursday</b>	12:00 PM	Total Body Strength	A	Sherian
	5:30 PM	Tabata Bootcamp	A	Sherian