




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



	Time	Class	Studio	Instructor
Monday	11:30AM	Power Yoga	RBC	Rachel
	12:00 PM	 LES MILLS BODYPUMP	A	Sherian
	5:30 PM	Tabata Boot Camp	A	Sherian
	Time	Class	Studio	Instructor
Wednesday	12:00 PM	 LES MILLS BODYPUMP	A	Sherian
	5:00 PM	AB FITT	A	Sherian
	5:15 PM	Spinning (45)	Spinning Studio	Sherian
	Time	Class	Studio	Instructor
Friday				
	12:00 PM	 SPINNING	Spinning Studio	Sherian

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