

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



Monday	Time	Class	Studio	Instructor
	11:30AM	Power Yoga	RBC	Patrick
	11:30AM	LES MILLS BODYCOMBAT	A	Sherian
	12:00PM	SPINNING	Spinning Studio	Jenny
	12:15 PM	Ab Attack	A	Sherian
	12:30 PM	LES MILLS BODYPUMP	A	Sherian
	5:00 PM	Tabata Boot Camp	A	Sherian
	5:45pm	SPINNING	Spinning Studio	Sherian

Tuesday	Time	Class	Studio	Instructor
	11:30 AM	Chizel	A	Sherian
	12:15PM	Tabata Cardio (45 minutes)	A	Sherian
	4:30 PM	Sweat-n-Tread registration required	Cardio Area	Sherian
	5:30 PM	LES MILLS BODYPUMP	A	Sherian

Wednesday	Time	Class	Studio	Instructor
	11:30 AM	Cardio Kickboxing	A	Sherian
	12:00 AM	SPINNING	Spinning Studio	Dotty
	12:15 PM	Ab Attack	A	Sherian
	12:30 PM	LES MILLS BODYPUMP	A	Sherian
	5:30 PM	Spin	Spinning Studio	Sherian
5:30 PM	Power Yoga	A	Patrick	

Thursday	Time	Class	Studio	Instructor
	11:30 AM	Chizel	A	Sherian
	12:15 PM	Tabata Cardio (45 minutes)	A	Sherian
	5:30 PM	Tabata Bootcamp	A	Sherian

Friday	Time	Class	Studio	Instructor
	11:30 AM	SPINNING	Spinning Studio	Sherian
	11:30 AM	Tri Yoga All Levels	A	Kathleen
	12:30 PM	LES MILLS BODYPUMP	A	Sherian