

MONDAY	Time	Class	Studio	Instructor	WEDNESDAY	Time	Class	Studio	Instructor	FRIDAY	Time	Class	Studio	Instructor
	5:45 AM	SPINNING	Spinning Studio	Scott		5:30 AM	GRIT	A	Scott		5:45 AM	SPINNING	Spinning Studio	Daniel
6:30 AM	Yoga All Levels	D	Linda	6:00 AM	Pilates	B	Heather/Rena	6:00 AM	GRIT	A	Stephanie			
8:00 AM	Low Impact	A	Barbara	6:00 AM	SPINNING	Spinning Studio	Mike P	6:30 AM	Yoga All Levels	D	Rachel			
8:15 AM	LES MILLS EXWORX	B	Donna	6:30 AM	Yoga All Levels	D	Linda	8:00 AM	Low Impact	A	Barbara			
8:45am	Beginner Step	B	Donna	8:30 AM	LES MILLS EXWORX	B	CX Team	8:30 AM	LES MILLS EXWORX	B	Donna			
9:00 AM	SPINNING	Spinning Studio	John	9:00 AM	SPINNING	Spinning Studio	Melissa	9:00 AM	LES MILLS BODYFLOW	D	Luz			
9:30am	30 min LES MILLS BODYFLOW	B	Donna	9:15 AM	Barre Fit	Reformer Room	Sherian	9:00 AM	SPINNING	Spinning Studio	John			
10:00 AM	Yoga Beginner	D	Louanne	9:30 AM	GRIT	A	Heather R	9:15 AM	Step	A	Donna			
10:15 AM	LES MILLS BODYPUMP	B	Brandy	10:00 AM	Yoga All Levels	D	Louanne	9:30 AM	GRIT	B	Heather R			
11:15 AM	ZUMBA	B	Tish	10:15 AM	LES MILLS BODYPUMP	B	Heather R	10:00 AM	Yoga All Levels	D	Laura			
12:00 PM	SPINNING	Spinning Studio	Chris	11:15AM	LES MILLS BODYCOMBAT	B	Luz	10:15 AM	LES MILLS BODYPUMP	B	Kelly/Heather			
12:15 PM	Shred IT	B	Bonnie	12:00 PM	30 min LES MILLS BODYFLOW	B	Luz	12:00pm	45 min LES MILLS BODYATTACK	B	Angela/Kelly			
4:45 PM	MMA STRONG	B	Bonnie	12:00 PM	SPINNING	Spinning Studio	Chris	11:30-1PM	STUDIO D RESERVED OCHSNER HOSPITAL					
5:30PM	LES MILLS BODYFLOW	D	Kathleen	4:30 PM	LES MILLS EXWORX	B	Vivian	12:00 PM	SPINNING	Spinning Studio	Linda			
5:30 PM	LES MILLS BODYPUMP	B	Bonnie	5:00 PM	MMA STRONG	B	Bonnie	5:30 PM	LES MILLS BODYPUMP	B	Priscilla			
5:30 PM	SPINNING	Spinning Studio	Mike P	5:30 PM	Barre Fit	Reformer Room	Ashley							
5:45PM	GRIT	A	Scott	5:45PM	GRIT	A	Kathleen							
6:30 PM	Yoga Int/Advanced	D	Louanne	6:00 PM	LES MILLS BODYPUMP	B	Luz							
6:30PM	ZUMBA	A	Charmaine	6:00 PM	Yoga All Levels	D	Louanne							
6:30PM	LES MILLS BODYCOMBAT	B	Vivian	6:00 PM	SPINNING	Spinning Studio	Mike P							
				6:15 PM	30 min LES MILLS BODYFLOW	A	Kathleen							
				6:45 PM	ZUMBA	A	Luz							

TUESDAY	Time	Class	Studio	Instructor	THURSDAY	Time	Class	Studio	Instructor	SATURDAY	Time	Class	Studio	Instructor
	5:45am	LES MILLS BODYPUMP	B	Brenda		6:00 AM	LES MILLS BODYPUMP	B	Luz		8:00 AM	SPINNING (Extended Ride)	Spinning Studio	Scott
6:00 AM	SPINNING	Spinning Studio	Linda					8:00 AM	LES MILLS BODYATTACK	A	Steph/ Nikki			
6:00am	GRIT	A	Kelly	9:00 AM	SPINNING	Spinning Studio	Melissa	8:00 AM	Pilates All Levels	D	Heather			
9:00 AM	30 Mixer	B	Sherian	9:00 AM	*30 MIXER	B	Sherian	8:30 AM	ZUMBA	B	Luz			
								9:00 AM	Yoga All Levels	D	Louanne			
9:00 AM	SPINNING	Spinning Studio	Gary	9:30AM	*30 MIXER	B	Sherian	9:15 AM	GRIT	A	Nikki			
9:30 AM	30 Mixer	B	Sherian	10:00 AM	Pilates All Levels	A	Tory	9:30 AM	SPINNING	Spinning Studio	John			
10:00 AM	Pilates All Levels	A	Tory	10:00 AM	Yoga Beginners	D	Linda	9:30AM	Barre Fit	Reformer Room	Sherian			
10:00 AM	Yoga Beginners	D	Linda	12:00 PM	LES MILLS BODYPUMP	B	Bonnie	9:35AM	LES MILLS BODYPUMP	B	Vivian			
12:00 PM	LES MILLS BODYPUMP	B	Bonnie	5:00 PM	LM TONE	B	Bonnie	10:00 AM	Step	A	Wendy			
5:00 PM	LES MILLS BODYPUMP	B	Vivian	5:30 PM	RPM/Cycling	Spinning Studio	Tami	10:35AM	LES MILLS BODYCOMBAT	B	Vivian			
5:30 PM	SPINNING	Spinning Studio	Michele	5:30 PM	GRIT	A	Kathleen	11:00 AM	LES MILLS EXWORX	A	Wendy			
5:30 PM	LES MILLS BODYATTACK	A	BA Team	6:00 PM	Advanced Step	A	Scott							
6:00 PM	ZUMBA	B	Deneda	6:00 PM	Yoga All Levels	D	Linda							
6:00 PM	Yoga All Levels	D	Kathleen	6:00 PM	LES MILLS BODYCOMBAT	B	Stephanie							
6:30 PM	LES MILLS EXWORX	A	Vivian	7:00 PM	LES MILLS BODYPUMP	B	Scott							

Pilates Group Reformer and Private sessions available.

Private Yoga sessions also available.

Contact Bonnie LeBlanc for additional information

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