

M O N D A Y	Time	Class	Studio	Instructor
	5:45 AM	SPINNING	Spinning Studio	Scott
	6:30 AM	Yoga All Levels	D	Linda
	8:00 AM	Low Impact	A	Barbara
	8:30 AM	EXWORX	B	Donna
	9:00 AM	Beginner Step	B	Donna
	9:00 AM	SPINNING	Spinning Studio	Caroline
	9:40am	BODYFLOW	B	Donna
	10:00 AM	Yoga Beginner	D	Louanne
	10:15 AM	BODYPUMP	B	Brandy
11:15 AM	ZUMBA	B	Tish	
12:00 PM	SPINNING	Spinning Studio	Chris	
12:15 PM	Shred IT	B	Bonnie	
4:45 PM	MMA STRONG	B	Bonnie	
5:30PM	BODYFLOW	D	Kathleen	
5:30 PM	BODYPUMP	B	Bonnie	
5:30 PM	SPINNING	Spinning Studio	Mike P	
5:45PM	GRIT	A	Scott	
6:30 PM	Yoga Int/Advanced	D	Louanne	
6:30PM	ZUMBA	A	Charmaine	
6:30PM	BODYCOMBAT	B	Vivian	

W E D N E S D A Y	Time	Class	Studio	Instructor
	5:30 AM	GRIT	A	Scott
	6:00 AM	Pilates	B	Heather/Rena
	6:00 AM	SPINNING	Spinning Studio	Mike P
	6:30 AM	Yoga All Levels	D	Linda
	8:30 AM	EXWORX	B	CX Team
	9:00 AM	SPINNING	Spinning Studio	Melissa
	9:15 AM	Barre Fit	Reformer Room	Sherian
	9:30 AM	GRIT	B	Heather R
	10:00 AM	Yoga All Levels	D	Louanne
10:15 AM	BODYPUMP	B	Heather R	
11:15AM	BODYCOMBAT	B	Luz	
12:00 PM	BODYFLOW	B	Luz	
12:00 PM	SPINNING	Spinning Studio	Chris	
4:30 PM	EXWORX	B	Vivian	
5:00 PM	MMA STRONG	B	Bonnie	
5:30 PM	Barre Fit	Reformer Room	Randi	
5:45PM	GRIT	A	Kathleen	
6:00 PM	BODYPUMP	B	Luz	
6:00 PM	Yoga All Levels	D	Louanne	
6:00 PM	SPINNING	Spinning Studio	Mike P	
6:15 PM	BODYFLOW	A	Kathleen	
6:45 PM	ZUMBA	A	Luz	

F R I D A Y	Time	Class	Studio	Instructor
	5:45 AM	SPINNING	Spinning Studio	Daniel
	6:00 AM	GRIT	A	Stephanie
	6:30 AM	Yoga All Levels	D	Laura
	8:00 AM	Low Impact	A	Barbara
	8:30 AM	EXWORX	B	Donna
	9:00 AM	Pilates All Levels	D	Rena
	9:00 AM	SPINNING	Spinning Studio	John
	9:15 AM	Step	A	Donna
	9:30 AM	GRIT	B	Heather R
10:00 AM	Yoga All Levels	D	Laura	
10:15 AM	BODYPUMP	B	Kelly	
11:15 AM	30min express  BODYCOMBAT	B	Kelly	
11:30-1PM	STUDIO D RESERVED OCHSNER HOSPITAL			
12:00 PM	SPINNING	Spinning Studio	Linda	
5:30 PM	BODYPUMP	B	Priscilla	

T U E S D A Y	Time	Class	Studio	Instructor
	5:45am	BODYPUMP	B	Brenda
	6:00 AM	SPINNING	Spinning Studio	Linda
	6:00am	GRIT	A	Caroline
	9:00 AM	30 Mixer	B	Sherian
	9:00 AM	SPINNING	Spinning Studio	Gary
	9:30 AM	30 Mixer	B	Sherian
	10:00 AM	Pilates All Levels	A	Tory
	10:00 AM	Yoga Beginners	D	Linda
	12:00 PM	BODYPUMP	B	Bonnie
5:00 PM	BODYPUMP	B	Vivian	
5:30 PM	SPINNING	Spinning Studio	Michele	
5:30 PM	BODYATTACK	A	BA Team	
6:00 PM	ZUMBA	B	Deneda	
6:00 PM	Yoga All Levels	D	Kathleen	
6:30 PM	EXWORX	A	Vivian	

T H U R S D A Y	Time	Class	Studio	Instructor
	6:00 AM	BODYPUMP	B	Luz
	9:00 AM	SPINNING	Spinning Studio	Melissa
	9:00 AM	*30 MIXER	B	Sherian
	9:30AM	*30 MIXER	B	Sherian
	10:00 AM	Pilates All Levels	A	Tory
	10:00 AM	Yoga Beginners	D	Linda
	12:00 PM	BODYPUMP	B	Bonnie
	5:00 PM	tone	B	Bonnie
	5:30 PM	RPM/Cycling	Spinning Studio	Tami
5:30 PM	GRIT	A	Kathleen	
6:00 PM	Advanced Step	A	Scott	
6:00 PM	Yoga All Levels	D	Linda	
6:00 PM	BODYCOMBAT	B	Stephanie	
7:00 PM	BODYPUMP	B	Scott	

S A T U R D A Y	Time	Class	Studio	Instructor
	8:00 AM	SPINNING (Extended Ride)	Spinning Studio	Scott
	8:00 AM	BODYATTACK	A	Steph/ Nikki
	8:00 AM	Pilates All Levels	D	Heather
	8:30 AM	ZUMBA	B	Luz
	9:00 AM	Yoga All Levels	D	Louanne
	9:15 AM	GRIT	A	Nikki
	9:30 AM	SPINNING	Spinning Studio	John
	9:30AM	Barre Fit	Reformer Room	Sherian
	9:35AM	BODYPUMP	B	Vivian
10:00 AM	Step	A	Wendy	
10:35AM	BODYCOMBAT	B	Vivian	
11:00 AM	EXWORX	A	Wendy	
S U N D A Y	Time	Class	Studio	Instructor
	8:00 AM	BODYPUMP	B	Scott
	9:00 AM	BODYATTACK	A	Stephanie/ Angel
	9:00 AM	SPINNING	Spinning Studio	Michele/Christina
	9:00 AM	Advanced Step	B	Scott
	9:00 AM	Beginner Yoga	D	Laura
10:00 AM	BODYPUMP	B	Stephanie	
10:15 AM	Yoga Int-Adv Level	D	Laura	

Pilates Group Reformer and Private sessions available.

Private Yoga sessions also available.

Contact Bonnie LeBlanc for additional information

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