Ochsner Fitness Center - Harahan

Group Fitness Schedule

Ochsner Fitness Center

MONDAY

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	LesMILLS CXWORX	B	Donna
9:00 AM	Beginner Step	B	Donna
9:00 AM	SPINNING	Spinning Studio	John
9:40am	LesMILLS BODYFLOW	B	Donna
10:00 AM	Yoga Beginner	D	Louanne
10:15 AM	LesMILLS 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	LesMILLS BODYFLOW	D	Kathleen
5:30 PM	LesMILLS BODYPUMP	B	Bonnie
5:30 PM	SPINNING	Spinning Studio	Mike P
5:45PM	LesMILLS GRIT	A	Scott
6:30 PM	Yoga Int/Advanced	D	Louanne
6:30PM	ZUMBA	A	Charmaine
6:30PM	LesMILLS BODYCOMBAT	B	Vivian

WEDNESDAY

Time	Class	Studio	Instructor
5:30 AM	LesMILLS 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	LesMILLS CXWORX	B	CX Team
9:00 AM	SPINNING	Spinning Studio	Melissa
9:15 AM	Barre Fit	Reformer Room	Sherian
9:30 AM	LesMILLS GRIT	B	Heather R
10:00 AM	Yoga All Levels	D	Louanne
10:15 AM	LesMILLS BODYPUMP	B	Heather R
11:15AM	LesMILLS BODYCOMBAT	B	Luz
12:00 PM	30 min LesMILLS BODYFLOW	B	Luz
12:00 PM	SPINNING	Spinning Studio	Chris
4:30 PM	LesMILLS CXWORX	B	Vivian
5:00 PM	MMA STRONG	B	Bonnie
5:30 PM	Barre Fit	Reformer Room	Ashley
5:45PM	LesMILLS GRIT	A	Kathleen
6:00 PM	LesMILLS BODYPUMP	B	Luz
6:00 PM	Yoga All Levels	D	Louanne
6:00 PM	SPINNING	Spinning Studio	Mike P
6:15 PM	30 min LesMILLS BODYFLOW	A	Kathleen
6:45 PM	ZUMBA	A	Luz

FRIDAY

Time	Class	Studio	Instructor
5:45 AM	SPINNING	Spinning Studio	Daniel
6:00 AM	LesMILLS GRIT	A	Stephanie
6:30 AM	Yoga All Levels	D	Laura
8:00 AM	Low Impact	A	Barbara
8:30 AM	LesMILLS CXWORX	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	LesMILLS GRIT	B	Heather R
10:00 AM	Yoga All Levels	D	Laura
10:15 AM	LesMILLS BODYPUMP	B	Kelly/Heather
12:00pm	45 min LesMILLS BODYATTACK	B	Angela/Kelly
11:30-1PM	STUDIO D RESERVED OCHSNER HOSPITAL		
12:00 PM	SPINNING	Spinning Studio	Linda
5:30 PM	LesMILLS BODYPUMP	B	Priscilla

TUESDAY

Time	Class	Studio	Instructor
5:45am	LesMILLS BODYPUMP	B	Brenda
6:00 AM	SPINNING	Spinning Studio	Linda
6:00am	LesMILLS GRIT	A	Kelly
9:00 AM	30 Mixer	B	Sherian
9:00 AM	SPINNING	Spinnning 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	LesMILLS BODYPUMP	B	Bonnie
5:00 PM	LesMILLS BODYPUMP	B	Vivian
5:30 PM	SPINNING	Spinnning Studio	Michele
5:30 PM	LesMILLS BODYATTACK	A	BA Team
6:00 PM	ZUMBA	B	Deneda
6:00 PM	Yoga All Levels	D	Kathleen
6:30 PM	LesMILLS CXWORX	A	Vivian

THURSDAY

Time	Class	Studio	Instructor
6:00 AM	LesMILLS 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	LesMILLS BODYPUMP	B	Bonnie
5:00 PM	LM TONE	B	Bonnie
5:30 PM	RPM/Cycling	Spinning Studio	Tami
5:30 PM	LesMILLS GRIT	A	Kathleen
6:00 PM	Advanced Step	A	Scott
6:00 PM	Yoga All Levels	D	Linda
6:00 PM	LesMILLS BODYCOMBAT	B	Stephanie
7:00 PM	LesMILLS BODYPUMP	B	Scott

SATURDAY

Time	Class	Studio	Instructor
8:00 AM	SPINNING (Extended	Spinning Studio	Scott
8:00 AM	LesMILLS 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	LesMILLS GRIT	A	Nikki
9:30 AM	SPINNING	Spinning Studio	John
9:30AM	Barre Fit	Reformer Room	Sherian
9:35AM	LesMILLS BODYPUMP	B	Vivian
10:00 AM	Step	A	Wendy
10:35AM	LesMILLS BODYCOMBAT	B	Vivian
11:00 AM	LesMILLS CXWORX	A	Wendy

SUNDAY

Time	Class	Studio	Instructor
8:00 AM	LesMILLS BODYPUMP	B	Scott
9:00 AM	LesMILLS 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	LesMILLS 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
504-842-6799 or bleblanc@ochsner.org

8/10/2018