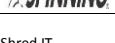
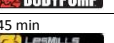
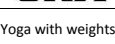
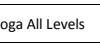
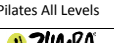
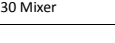
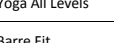
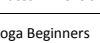
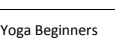
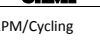
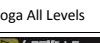
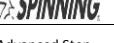
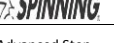
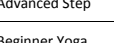
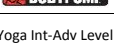


MONDAY	Time	Class	Studio	Instructor	WEDNESDAY	Time	Class	Studio	Instructor	FRIDAY	Time	Class	Studio	Instructor
	5:45 AM	 SPINNING	Spinning Studio	Scott		5:30 AM	 GRIT	A	Scott		5:45 AM	 SPINNING	Spinning Studio	Daniel
	6:30 AM	Yoga All Levels	D	Linda		6:00 AM	Pilates	B	Heather/Rena		6:00 AM	 GRIT	A	Stephanie
	8:00 AM	Low Impact	A	Morris		6:00 AM	 SPINNING	Spinning Studio	Mike P		6:30 AM	Yoga All Levels	D	Rachel
	8:15 AM	 EXWORX	B	Donna		6:30 AM	Yoga All Levels	D	Linda		8:00 AM	Low Impact	A	Morris
	8:45am	Beginner Step	B	Donna		8:30 AM	 EXWORX	B	CX Team		8:30 AM	 EXWORX	B	Donna
	9:00 AM	 SPINNING	Spinning Studio	John		9:00 AM	 SPINNING	Spinning Studio	Melissa		9:00 AM	 BODYFLOW	D	Luz O.
	9:30am	30 min  BODYFLOW	B	Donna		9:00 AM	Barre Fit	Reformer Room	Sherian		9:00 AM	 SPINNING	Spinning Studio	John
	10:00 AM	Yoga Beginner	D	Louanne		9:30 AM	 GRIT	B	GRIT Team		9:15 AM	Step	A	Donna
	10:15 AM	 BODYPUMP	B	Brandy		10:00 AM	Yoga All Levels	D	Louanne		9:30 AM	 GRIT	B	GRIT Team
	11:15 AM	 ZUMBA	B	Tish		10:15 AM	 BODYPUMP	B	Luz		10:00 AM	Yoga All Levels	D	Laura
	12:00 PM	 SPINNING	Spinning Studio	Chris		11:15AM	 BODYCOMBAT	B	Luz O.		10:15 AM	 BODYPUMP	B	Kelly/Heather
	12:15 PM	Shred IT	B	Bonnie		12:00 PM	30 min  BODYFLOW	B	Luz O.		12:00pm	45 min  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	 BODYFLOW	D	Kathleen		4:30 PM	 EXWORX	B	Gene		5:30 PM	 BODYPUMP	b	Priscilla
	5:30 PM	 BODYPUMP	B	Bonnie		5:00 PM	MMA STRONG	B	Bonnie					
	5:30 PM	 SPIN CIRCUIT	Spinning Studio	Noel		5:30 PM	Barre Fit	Reformer Room	BF Team					
	5:45PM	 GRIT	A	Scott		5:45PM	 GRIT	A	Kathleen					
	6:30 PM	Yoga with weights	D	Louanne		6:00 PM	 BODYPUMP	B	Luz					
	6:30PM	 ZUMBA	A	Charmaine		6:00 PM	Yoga All Levels	D	Louanne					
	6:30PM	 BODYCOMBAT	B	Tammy		6:00 PM	 SPINNING	Spinning Studio	Mike P					
						6:15 PM	30 min  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	 BODYPUMP	B	Brenda		6:00 AM	 BODYPUMP	B	Jessica		8:00 AM	 SPINNING (Extended Ride)	Spinning Studio	Scott
	6:00 AM	 SPINNING	Spinning Studio	Linda							8:00 AM	 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		9:00 AM	Barre Fit	Reformer Room	Sherian
	9:30 AM	30 Mixer	B	Sherian		10:00 AM	Pilates All Levels	A	Tory		9:15 AM	 GRIT	A	Nikki
	10:00 AM	Pilates All Levels	A	Tory		10:00 AM	Yoga Beginners	D	Linda		9:30AM	 SPINNING	Spinning Studio	John
	10:00 AM	Yoga Beginners	D	Linda		12:00 PM	 BODYPUMP	B	Bonnie		9:35AM	 BODYPUMP	B	Luz O.
	12:00 PM	 BODYPUMP	B	Bonnie		5:00 PM	 BOOT CAMP	B	Bonnie		10:00 AM	Step	A	Wendy
	5:00 PM	 BODYPUMP	B	Dana		5:30 PM	RPM/Cycling	Spinning Studio	Tami		10:35AM	 BODYCOMBAT	B	Luz O.
	5:30 PM	 SPINNING	Spinning Studio	Michele		5:30 PM	 GRIT	A	Kathleen		11:00 AM	 EXWORX	A	Wendy
	5:30 PM	 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	 BODYCOMBAT	B	Stephanie					
	6:30 PM	 EXWORX	A	Tammy		7:00 PM	 BODYPUMP	B	Scott					
SUNDAY	Time	Class	Studio	Instructor		Time	Class	Studio	Instructor		Time	Class	Studio	Instructor
	8:00 AM	 BODYPUMP	B	Scott							8:00 AM	 BODYATTACK	A	Stephanie/ Angel
	9:00 AM	 SPINNING	Spinning Studio	Michele/Christina							9:00 AM	 SPINNING	Spinning Studio	Scott
	9:00 AM	Advanced Step	B	Scott							9:00 AM	Beginner Yoga	D	Laura
	9:00 AM	Beginner Yoga	D	Laura							10:00 AM	 BODYPUMP	B	Stephanie
	10:00 AM	 BODYPUMP	B	Stephanie							10:15 AM	Yoga Int-Adv Level	D	Laura
	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