

JULY WELLNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:30 – 7:30 am Barre (Large Group Ex Room)	6:30 – 7:15 am Indoor Cycling (Spin Room)	6:30 – 7:30 am Mat Pilates (Large Group Ex Room)	6:30 – 7:15 am Indoor Cycling (Spin Room)		
Afternoon	12:15- 12:45 pm Reformer 1:00 – 1:45 pm Reformer 2:00-2:30p.m Yogalates (Meditation Room) 3p.m-4: 30p.m Power Yoga (Meditation Room)	12:15 – 12:45 pm TRX (Small Group Room)	12:15- 12:45 pm Reformer 1:00 – 1:45 pm Reformer 2:00-2:30p.m Yogalates (Meditation Room) 5:00-: 5:45p.m Anna Indoor Cycling	12:15 – 12:45 pm TRX (Small Group Room) 12:15 – 12:45 pm Reformer 1:00-1:45p.m Reformer 2:00-2:30P.M Yogalates (Meditation Room)	12:15 – 12:45 pm Reformer 1:00-1:45p.m Reformer 2:00 -2:30 pm Yogalates (Meditation Room)	12:15 - 12:45 pm Reformer 1:00-1:45p.m Reformer 2:00-2:30p.m Yogalates (Meditation Room)
			ALL REFORMER CLASSES ARE	CANCEL UNTIL FURTHER NOTICE	TRX' and REFORMER require Sign-up: Cdup12@lsuhsc.edu Email to sign up.	

