

May 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 Yogalates (Meditation Room)	12:15 – 12:45 pm TRX (Small Group Room)	12:15- 12:45 pm Yoga 1:00 – 1:45 pm Reformer (Meditation Room)	12:15 – 12:45 pm TRX (Small Group Room)	12:15 – 12:45 pm Reformer 1:00 -1:45 pm Yogalates (Meditation Room)	11:15 – 11:45 am Mindful Yoga 12:00 - 12:45 pm Reformer (Meditation Room)
	12:15-12:45pm Large group Room Nije's MICT Moderate Intensity Continuous training		12:15-12:45pm Large group Room Nije's MICT Moderate Intensity Continuous training	12:15 – 12:45 pm Reformer (Meditation Room)		
	3:00 – 4:00 pm Power Yoga (Meditation Room)			1:00 – 1:45 pm Yoga (Meditation Room)	TRX? Reformer, MICT require sign up Cdup12@lsuhsc.edu Email to sign up.	

