

AUGUST 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	3p.m-4: 30p.m Power Yoga (Meditation Room)	12:15 – 12:45 pm TRX (Small Group Room) Sign-up	5:00-: 5:45p.m Anna Indoor Cycling	12:15 – 12:45 pm TRX (Small Group Room) Sign-up		
			ALL REFORMER CLASSES ARE	CANCEL UNTIL FURTHER NOTICE	TRX' and REFORMER require Sign-up: Cdup12@lsuhsc.edu Email to sign up.	