

# JUNE WELLNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:30 – 7:30 am Barre <b>(Large Group Ex Room)</b>	6:30 – 7:15 am <b>Indoor Cycling (Spin Room)</b>	6:30 – 7:30 am Mat Pilates <b>(Large Group Ex Room)</b>	6:30 – 7:15 am <b>Indoor Cycling (Spin Room)</b>		
Afternoon	12:15- 12:45 pm <b>Reformer</b> 1:00 – 1:45 pm <b>Reformer</b>  2:00-2:30p.m <b>Yogalates (Meditation Room)</b> 3p.m-4: 30p.m <b>Power Yoga (Meditation Room)</b>	12:15 – 12:45 pm TRX <b>(Small Group Room)</b>	12:15- 12:45 pm <b>Reformer</b> 1:00 – 1:45 pm <b>Reformer</b>  2:00-2:30p.m <b>Yogalates (Meditation Room)</b>	12:15 – 12:45 pm TRX <b>(Small Group Room)</b>  12:15 – 12:45 pm <b>Reformer 1:00-1:45p.m Reformer</b>  <b>2:00-2:30P.M Yogalates (Meditation Room)</b>	12:15 – 12:45 pm <b>Reformer</b> 1:00-1:45p.m <b>Reformer</b>  2:00 -2:30 pm <b>Yogalates (Meditation Room)</b>	12:15 - 12:45 pm <b>Reformer</b> 1:00-1:45p.m <b>Reformer</b> 2:00-2:30p.m <b>Yogalates (Meditation Room)</b>
					TRX' and REFORMER require Sign-up: <a href="mailto:Cdup12@lsuhsc.edu">Cdup12@lsuhsc.edu</a> Email to sign up.	

