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|  | Music notation with solid fill | **April Wellness Classes** | Bunny face outline **Sign up: Wellness@lsuhsc.edu** |  |
| **Morning**  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Saturday**  |
|  | **Anna** **6:30am – 7:15 am** **Indoor Cycling** **(Spin Room)**  |  | **Anna** **6:30am – 7:15 am** **Indoor Cycling** **(Spin Room)**  | **On-Demand Video**7:00am-7:30amLes Mills Body Combat(Fitness Room 1) Sign-Up |  |
| **Afternoon**  | **On-Demand Video**12:30pm-1:00pmLes Mills Dance Cardio (Large Fitness Room) Sign-Up**Betty Lo****3:00pm-4:30pm**Power Yoga(Fitness Room 1)**Anna**5:00pm-5:45pmIndoor Cycling(Spin Room) | **Ray****12:30pm-1:00pm****Intro to Pickleball****(Large Fitness Room) Sign-up****Cristi****5:00pm-6:00pm****Zumba****(Large Group Room)** | **On-Demand Video**12:30pm-1:00pmLes Mills Grit HIIT(Large Fitness Room) Sign-Up**Emily****5:00pm-6:00pm****Zumba****(large Group Room)****Christy****5:30pm-6:00pm****Mat Pilates****Meditation Room****Sign-Up****(starting 3/19)** | **Ray****12:30pm-1:00pm****Intro to Pickleball****(Large Fitness Room) Sign-up****Christy****5:30pm-6:00pm****Mat Pilates****Meditation Room****Sign-Up****(starting 3/20)** | **Christy**12:30pm-1:00pmReformer Pilates Class(Spin Room) Sign-Up(starting 3/21) |  |