

# OCTOBER WELLNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		6:30 – 7:15 am <b>Indoor Cycling (Spin Room)</b>		6:30 – 7:15 am <b>Indoor Cycling (Spin Room)</b>		
Afternoon	12:15pm-12:45pm <b>Speed Ball (Large Group Room)</b>	12:15 – 12:45 pm TRX <b>(Small Group Room) Sign-up</b>	12:15pm-12:45pm <b>Speed ball Core (Large Group Room)</b>	12:15 – 12:45 pm TRX <b>(Small Group Room) Sign-up</b>		
	12:15pm-12:45pm <b>Cardio/HIIT Lunch Burn/ Sign-up</b>		12:15pm-12:45pm <b>Cardio/HIIT Lunch Burn/ Sign-up</b>	6:00pm-7:00pm Large Group Room <b>Zumba</b>		
	3p.m-4: 30p.m <b>Power Yoga (Meditation Room)</b>					
	5:00p.m-5:45pm <b>Indoor Cycling (Spin Room)</b>					
	<b>Cardio/HIIT Will Be Outside</b>		<b>Cardio/HIIT Will Be Outside</b>		TRX' and REFORMER require Sign-up: <a href="mailto:Cdup12@lsuhsc.edu">Cdup12@lsuhsc.edu</a> Email to sign up.	

