

February 26th – March 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		6:15 – 7:30 am Indoor Cycle (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 TRX (Small Group Room)	1:15 – 1:45 pm Reformer (Meditation Room)	12:15 – 12:45 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)
	3:00 – 4:00 pm Power Yoga (Meditation Room)			1:00 – 1:45 pm Yoga (Meditation Room)		
Evening	<i>TRX and Reformer require sign up. Email nbaron@lsuhsc.edu to sign up.</i>					