

GROUP X

FALL 2018

Monday:

Yoga
Dance Studio
5:45-6:45PM

Power Hour
Training Studio
5:45-6:45PM

Zumba
Dance Studio
7-8PM

Rec Fit (\$\$)
Training Studio
7-8PM

Wednesday:

Life on the Geaux
Training Studio
8:15-8:45AM

Yoga
Dance Studio
5:45-6:45PM

Power Hour
Training Studio
5:45-6:45PM

Zumba
Dance Studio
7-8PM

Rec Fit (\$\$)
Training Studio
7-8PM

Friday:

HIIT
Training Studio
12:15-1:00PM

Yoga
Training Studio
2-3PM

Tuesday:

Bourgeois Bootcamp
Training Studio
6:30-7:15AM

Cycle
Training Studio
5:30-6:30PM

Yoga
Dance Studio
5:45-6:45PM
Strength and Tone
Training Studio
7-8PM

Zumba
Dance Studio
7-8PM

Thursday:

Bourgeois Bootcamp
Training Studio
6:30-7:15AM

Yoga
Dance Studio
5:45-6:45PM

Ragin Abs
Training Studio
6:00-6:30PM

Strength and Tone
Training Studio
7-8PM

Butts and Guts
Dance Studio
6:45-7:45PM

Zumba
Dance Studio
8-9PM

Saturday:

Cajun Wildcard
10:30-11:30AM
Training Studio
8/25, 9/8, 9/15,
9/29, 10/20, 11/3