

- Spinning
- Yoga
- Pilates
- Aerobic Sculpt/Tone

# NEW ORLEANS ATHLETIC CLUB

- Aqua Aerobics
- Boot Camp / Step
- Boxercise / Fencing
- Open Play

## Group Exercise Schedule

START	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am			Spinning 6:00 - 7:00 am Leo / Spinrm / Int,Adv	Spinning 6:00 - 7:00 am Terry / Spinrm / Int,Adv	Spinning 6:00 - 7:00 am Spinrm / Int,Adv	Spinning 6:00 - 7:00 am Kim / Spinrm / Int,Adv	
9:00 am						Cardio Kickboxing 9:00 - 10:00 am Wendell / Ballroom / All	Spinning 9:00 - 10:00 am Terry / Spinrm / Int,Adv  Essential Yoga 9:00 - 10:30 am Elaine / Ballrm / Beg,Int  Basketball 9:00 - 11:00 am Open Play / Group
10:00 am	Spinning 10:00 - 11:00 am Terry / Spinrm / Int,Adv		Essential Yoga 10:00 - 11:30 am Elaine / Ballrm / Beg,Int				Aqua Aerobics 10:00 - 11:00 am Annette / Pool / Beg,Int  Pilates Mat 10:00 - 11:00 am Sabrina / Roof / All
11:00 am		Restorative Yoga 11:00 - 12:15 pm Jen / Roof / Beg, Int					Vinyasa Flow 11:00 am - 12:15 pm Derek / Ballroom / I, II
12:00 pm 1:00 pm 1:30 pm		Pilates Xpress 12:15 - 1:00 pm Elenor / Ballroom / All  Abs & Buns 1:30 - 2:30 pm Wendell / Ballroom / All	Flow Yoga 12:00 - 1:15 pm Catherine / Ballrm / Level II	Pilates Xpress 12:15 - 1:00 pm Elenor / Ballroom / All  Body Shaping 1:30 - 2:30 pm	Jivamukti 12:00 - 1:15 pm Michele / Ballrm / Level II  Body Shaping PLUS 1:30 - 2:30 pm	Pilates Xpress 12:15 - 1:00 pm Jennifer / Ballroom / Int	Bootcamp 1:00 - 2:00 pm
2:00 pm		Volleyball 2:00 - 4:00 pm Open Play / Group		Volleyball 2:00 - 4:00 pm Open Play / Group			
4:00 pm 4:30 pm				Gumbo Yoga 4:00 - 5:30 pm Valerie / Ballroom / All			
5:00 pm		Boxercise 5:30 - 7:00 pm Jose / Boxing / All  Step Challenge 5:45 - 6:45 pm Tony / Ballroom / Adv	Mini Boot Camp 5:30 - 6:15 pm Tony / Ballroom / All	Brazilian Grooves 5:30 - 6:15 pm Aline / Rooftop / All  Sprint Step Three 5:45 - 6:30 pm Tony / Ballroom / All	Boxercise 5:30 - 7:00 pm Jose / Boxing / All  Zumba! 5:30 - 6:15 pm Ballroom / All	Flow Yoga 5:30 - 6:30 pm Laura / Rooftop / Beg,Int  Hard Bodies 5:30 - 6:30 pm Tony / Ballroom / All	
6:00 pm 6:30 pm 6:45 pm		Spinning 6:00 - 7:00 pm Sara / Spinrm / Beg,Int  Essential Yoga 6:30 - 8:00 pm Elaine / Rooftop / Beg,Int  Basketball 6:30 - 9:00 pm Open Play / Group  Hard Bodies 6:45 - 7:45 pm Tony / Ballroom / All	Aqua Aerobics 6:00 - 7:00 pm Annette / Pool / Beg,Int  Pilates Mat 6:00 - 7:00 pm Jennifer / Roof / All  Spinning 6:00 - 7:00 pm Leo / Spinrm / All  Fencing 6:00 - 7:00 pm Angela / Gym, Beg / Int / Adv  Flow Yoga 6:30 - 8:05 pm Jackie / Ballrm / Level II	Essential Yoga 6:30 - 8:00 pm Elaine / Ballrm / Beg,Int  Basketball 6:30 - 9:00 pm Open Play / Group	Aqua Aerobics 6:00 - 7:00 pm Annette / Pool / Beg,Int  Pilates Mat 6:00 - 7:00 pm Robin / Roof / All  Spinning 6:00 - 7:00 pm Jen / Spinrm / All  Flow Yoga 6:30 - 8:05 pm Catherine / Ballrm / Level II		

Updated 3/20/2012

Schedule also available online @ [www.neworleansathleticclub.com](http://www.neworleansathleticclub.com)