

NEW ORLEANS ATHLETIC CLUB

Estab. 1872

- Spinning
- Yoga
- Pilates
- Aerobic Sculpt/Tone

- Aqua Aerobics
- Cardio Kickboxing
- Boxercise/Fencing
- Open Play

Group Exercise Schedule

START	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am				Spinning 6:00 - 7:00 am Kathryn / Spinrm /		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	Restorative Yoga 10:00 - 11:15 am Aaron / Ballroom / All	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 Jennifer / Roof / All
11:00 am 12:00 pm 1:00 pm 1:30 pm		Pilates Xpress 12:15 - 1:00 pm Elenor / Ballroom / All Abs & Buns 1:30 - 2:15 pm Wendell / Ballroom / All	Jivamukti 12:00 - 1:15 pm Michele / Ballrm / Level II	Pilates Xpress 12:15 - 1:00 pm Elenor / Ballroom / All Body Shaping 1:30 - 2:15 pm	Jivamukti 12:00 - 1:15 pm Michele / Ballrm / Level II Body Shaping PLUS 1:30 - 2:15 pm	Pilates Xpress 12:15 - 1:00 pm Jennifer / Ballroom / Int	Anusara Inspired 11:00 am - 12:15 pm Laura / Ballroom / I, II Bootcamp 1:00 - 1:45 pm
2:00 pm				Volleyball 2:00 - 4:00 pm			
4:00 pm 4:30 pm				Sivananda 4:00 - 5:30 pm Shelley / 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	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 Rae / 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 Carol / 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 Fencing 6:00 - 7:00 pm Jivamukti 6:30 - 8:05 pm Michele / Ballrm / Level II	Essential Yoga 6:30 - 8:00 pm Elaine / Ballrm / Beg,Int Basketball 6:30 - 9:00 pm	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 Alex / Spinrm / All Jivamukti 6:30 - 8:05 pm Libby / Ballrm / Level II		
							Updated 2/9/2011

Schedule also available online @ www.neworleansathleticclub.com