

Winter Break Group Exercise

December 17–January 13



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|--|--|--|
| 6:15–7:15 a.m. Bootcamp Margaret / Melissa Lakeside | 6:15–7 a.m. Body Pump Express Jenna / Melissa / Alisa Lakeside | 6:15–7:15 a.m. Bootcamp Shanda / Hannah Lakeside | 6:15–7:15 a.m. Body Pump Margaret Lakeside | 6:15–7:15 a.m. Kettlebells Shanda Lakeside | 9:00–10:00 a.m. Body Pump Express Tim / Melissa Lakeside | 8:15–9:15 a.m. Cycle 60 Sara / Cecilia Cycling Studio |
| | 6:15–7:15 a.m. Cycle 60 Michele Cycling Studio | | 6:15–7:15 a.m. Cycle 60 Jo Anne / Cecilia Cycling Studio | | 9:00–10:00 a.m. Cycle 60 RPM Cecilia / Tim Cycling Studio | |
| 9:00–10:00 a.m. SilverSneakers® Yoga Debra Lakeside | 9:00–10:00 a.m. SilverSneakers® Classic Debra Lakeside | 9:00–10:00 a.m. AOA50+ Cardio Dance Debra Lakeside | 9:00–10:00 a.m. SilverSneakers® Classic Monica Lakeside | | | |
| 12:00–12:45 p.m. Kettlebells Express Shanda Lakeside | 12:00–12:45 p.m. Hatha Yoga Alyssa Diboll B | 12:00–12:45 p.m. Barre Express Rebecca Riverside | 12:00–12:45 p.m. Hatha Yoga Alyssa / Emily Diboll B | | | |
| 4:30–6:00 p.m. ABT & Abs Joe Lakeside | | 5:00–6:00 p.m. Power Circuit Joe / Hannah / Melissa Lakeside | | | | |
| 5:30–6:30 p.m. Barre Michele Riverside | | 5:30–6:30 p.m. Mat Pilates Louis Diboll B | 5:30–6:30 p.m. Barre Rebecca Riverside | | | |
| 5:30–6:30 p.m. Cycle 60 Cecilia Cycling Studio | | | | | | |
| 5:30–6:30 p.m. Yoga Louis Diboll A | | | | | | |
| 6:15–7:15 p.m. Zumba Luz Lakeside | 6:15–7:15 p.m. Body Pump Melissa / Margaret Lakeside | 6:15–7:15 p.m. Zumba Shayra Lakeside | | | | 6:00–7:30 p.m. Zumba Mark Lakeside |
| 6:30–7:30 p.m. Mat Pilates Emily C. Diboll B | | | 6:30–7:30 p.m. Zumba Mark Lakeside | | | |

NO GROUP CLASSES DECEMBER 22 – JANUARY 1

REILY IS CLOSED: DECEMBER 24 – JANUARY 1.

Get the latest updates on class schedules with the [NEW Tulane Campus Rec Mobile App.](#)

Download it today from Google Play or the App store!



TURec