AUGUST 18 - DECEMBER 5 | FALL 2025 GROUP EXERCISE SCHEDULE

MONDAY

- 6:15-7:15 AM | BODYPUMP™ | J.C. | LAKESIDE
- 6:15–7:15 AM * | SUNRISE YOGA | BECCA F. | DIBOLL
- 9:00-9:45 AM | CYCLE 45 | KATHLEEN G. | CYCLE STUDIO
- 10:00-10:45 AM | CYCLE 45 | LUCY G. | CYCLE STUDIO
- 10:00-11:00 AM | VINYASA YOGA | SOPHIA A. | DIBOLL
- 12:00-12:45 PM | BODYPUMP™ Express | J.C. | LAKESIDE
- 12:15-1:15 PM | PILATES | ADELAIDE K. | DIBOLL
- 3:00-3:45 PM | FEEL GOOD FLOW YOGA | BECCA B. | DIBOLL
- 3:00-4:00 PM | ZUMBA | ADELAIDE K. | LAKESIDE
- 4:00-4:45 PM | CYCLE 45 | JEFF S. | CYCLE STUDIO
- 4:30-5:00 PM | CORE 30 | CHARLOTTE S. | RIVERSIDE NEW!
- 5:00-5:45 PM | MAT PILATES | LOUIS K. | DIBOLL
- 5:30-6:15 PM | CYCLE 45 | VICTORIA Z. | CYCLE STUDIO
- 6:00-7:00 PM | YOGA | LOUIS K. | DIBOLL
- 6:00-7:00 PM | BARRE | JO ANNE K. | RIVERSIDE
- 6:30-7:30 PM | BODYPUMP™ | J.C. | LAKESIDE
- 6:30-7:30 PM | RHYTHM & RIDE | LINDSAY B. | CYCLE STUDIO NEW!

TUESDAY

- 6:15-7:15 AM | CYCLE 60 | MICHELE H. | CYCLE STUDIO
- 7:30-8:15 AM | STRENGTH 45 | KAM S. | LAKESIDE
- 8:30-9:30 AM | BODYPUMP™ | J.C. | LAKESIDE
- 8:00-9:00 AM | PILATES SCULPT | ALLEGRA G. | DIBOLL
- 12:00-12:45 PM * | PILATES/BARRE FUSION | BECCA F. | DIBOLL
- 4:00-4:45 PM * | YOGA SCULPT | ESME O. | DIBOLL
- 4:00-5:00 PM | HIIT | ADELAIDE K. | RIVERSIDE
- 5:00-5:45 PM | CYCLE 45 | ALEXA M. | CYCLE STUDIO
- 5:00-6:00 PM | ADULT BALLET BASICS | ALYSSA S. | DIBOLL NEW!
- 5:15-6:00 PM * | ABS, BUNS & THIGHS | BECCA F. | RIVERSIDE NEW!
- 6:00-6:45 PM | CYCLE 45 | VICTORIA Z. | CYCLE STUDIO
- 6:30–7:30 PM | VINYASA FLOW | REAGAN | DIBOLL
- 6:45-7:30 PM | BODYPUMP™ Express | MELISSA L. | LAKESIDE
- 7:45-8:45 PM * | VXN | MERCEDES T. | LAKESIDE

WEDNESDAY

- 6:15-7:15 AM | BODYPUMP™ | J.C. | LAKESIDE
- 7:15-8:00 AM | CYCLE 45 | ADELAIDE K. | CYCLE STUDIO
- 12:00-1:00 PM | BODYPUMP™ | MARIA V. | LAKESIDE
- 12:00-1:00 PM | MIDWEEK SOUND BATH | ADELAIDE K. | DIBOLL NEW!
- 4:30-5:00 PM | CORE 30 | CHARLOTTE S. | RIVERSIDE
- 5:00-5:45 PM | MAT PILATES | LOUIS K. | DIBOLL
- 5:30-6:15 PM | CYCLE 45 | IZZY G. | CYCLE STUDIO
- 6:00-7:00 PM | YOGA | LOUIS K. | DIBOLL
- 6:30-7:30 PM | ZUMBA | VICKIE J. | RIVERSIDE
- 6:30-7:30 PM | RHYTHM & RIDE | LINDSAY B. | CYCLE STUDIO
- 7:15-8:15 PM | YOGA | TONKA | DIBOLL
- 7:45-8:45 PM * | VXN | MERCEDES T. | RIVERSIDE

THURSDAY

- 7:45-8:45 AM | GRIT™ | KAM S. | LAKESIDE
- 9:00-10:00 AM * | YOGA SCULPT | ESME O. | DIBOLL NEW!
- 9:00-10:00 AM | BODYPUMP™ | MARIA V. | LAKESIDE
- 12:00-1:00 PM | YOGA | ALYSSA S. | DIBOLL
- 12:00-1:00 PM | ZUMBA | SHAYRA B. | RIVERSIDE NEW!
- 3:00-3:45 PM | FEEL GOOD FLOW YOGA | BECCA B. | LAKESIDE
- 4:00-4:45 PM | CYCLE 45 | ADELAIDE K. | CYCLE STUDIO
- 4:00-5:00 PM | PILATES SCULPT | LILY O. | RIVERSIDE
- 5:00-6:00 PM | POWER YOGA | GAVIN L. | DIBOLL
- 5:00-6:00 PM | CYCLE 60 | KATHLEEN G. | CYCLE STUDIO
- 5:30-6:30 PM | PILATES SCULPT | ALLEGRA G. | RIVERSIDE NEW!
- 6:15-7:00 PM | CYCLE 45 | ELLIE P. | CYCLE STUDIO
- 6:15-7:15 PM | RESTORATIVE YOGA | ANNIE C. | DIBOLL
- 6:30-7:30 PM | ZUMBA | MARK M. | LAKESIDE
- 6:45-7:30 PM | HIIT 45 | MELISSA L. | RIVERSIDE

FRIDAY

- 6:15-7:15 AM | BODYPUMP™ | J.C. | LAKESIDE
- 10:00-11:00 AM | MAT PILATES | CHARLOTTE S. | DIBOLL
- 12:00-12:45 PM | BODYCOMBAT™ Express | J.C. | LAKESIDE
- 12:00-1:00 PM | BARRE | ABIGAIL S. | DIBOLL
- 12:00-12:45 PM | CYCLE 45 | ALEXA M. | CYCLE STUDIO
- 4-5:00 PM | MORGAN B. | DIBOLL | STRONG YOGA+STRONG VIBES NEW!
- 7:00-8:00 PM | YOGA | TONKA Z. | DIBOLL

SATURDAY

- 9-9:45 AM | STRENGTH 45 | KAM S. | LAKESIDE
- 9:00-10:00 AM | RPM™ | TIM D. | CYCLE STUDIO
- 9-10 AM | GENTLE FLOW YOGA | MORGAN B. | DIBOLL
- 10-11:00 AM | HIIT & GRIT™ | KAM S. | LAKESIDE NEW!
- 10:00-11:00 AM | ZUMBA | VICKIE J. | LAKESIDE
- 12-1:00 PM | BARRE | ABIGAIL S. | DIBOLL

SUNDAY

- 10-11:15 AM | ASHTANGA YOGA | ANNIE C. | DIBOLL
- 11:00-12:00 PM | BODYPUMP™ | J.C. | LAKESIDE
- 12:00-1:00 PM | RHYTHM & RIDE | LINDSAY B. | CYCLE STUDIO
- 12:00-1:00 PM | VINYASA YOGA | SOPHIA A. | DIBOLL
- 3:00-4:00 PM | SAMBASIZE | CAROLYN B. | RIVERSIDE
- 4:15-5:15 PM | PILATES SCULPT | SHANI A. | RIVERSIDE
- 6:00-7:00 PM | ZUMBA | MARK M. | LAKESIDE
- 7:00-8:00 PM | HAPPY RIDE | TONKA Z. | CYCLE STUDIO NEW!

*** SELECT CLASSES BEGIN AT A LATER DATE!**
*CLASSES W/ BECCA F. BEGIN 8/25
*VXN W/ MERCEDES STARTS 9/2
*YOGA SCULPT W/ ESME STARTS 9/2

CLASS TIMES AND DATES ARE SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS

FOLLOW US ON INSTAGRAM!

@TULANECAMPUSREC FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.

CLASS TYPES:

- STRENGTH
- MIND/BODY
- BARRE
- DANCE
- INDOOR CYCLING
- HIGH INTENSITY

ALL CLASSES ARE DROP-IN W/ MEMBERSHIP EXCEPT CYCLING!

CREATE AN ACCOUNT TO RESERVE A CYCLE BIKE THROUGH

IMLEAGUES.COM/TULANE

FALL REILY CENTER HOURS

Monday-Thursday	6:00am- 11:00pm
Friday	6:00am- 9:00pm
Saturday	8:00am-9:00pm
Sunday	8:00am-11:00pm

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Campus Recreation

CYCLE STUDIO

AUGUST 18 - DECEMBER 5 | GROUP EXERCISE

MONDAY

9:00–9:45 AM | CYCLE 45 | KATHLEEN G.

10:00-10:45 AM | CYCLE 45 | LUCY G.

4:00-4:45 PM | CYCLE 45 | JEFF S.

5:30-6:15 PM | CYCLE 45 | VICTORIA Z.

6:30-7:30 PM | RHYTHM & RIDE | LINDSAY B.

TUESDAY

6:15–7:15 AM | CYCLE 60 | MICHELE B.

5:00–5:45 PM | CYCLE 45 | ALEXA M.

6:00-6:45 PM | CYCLE 45 | VICTORIA Z.

WEDNESDAY

7:15–8:00 AM | CYCLE 45 | ADELAIDE K.

5:30-6:15 PM | CYCLE 45 | IZZY G.

6:30-7:30 PM | RHYTHM & RIDE | LINDSAY B.

THURSDAY

4:00–4:45 PM | CYCLE 45 | ADELAIDE K.

5:00-6:00 PM | CYCLE 60 | KATHLEEN G.

6:15-7:00 PM | CYCLE 45 | ELLIE P.

FRIDAY

12:00–12:45 PM | CYCLE 45 | ALEXA M.

SATURDAY

9:00–10:00 AM | RPM™ WITH TIM D.

SUNDAY

12:00-1:00 PM | RHYTHM & RIDE | LINDSAY B.

7:00-8:00 PM | CYCLE 60 | TONKA Z.

GROUP EX TIP: STAY HYDRATED!

DRINK PLENTY OF WATER BEFORE AND AFTER EXERCISE. BE SURE TO BRING YOUR WATER BOTTLE TO CLASS.

ALL CLASSES ARE DROP-IN W/ MEMBERSHIP EXCEPT CYCLING!

CREATE AN ACCOUNT TO RESERVE A CYCLE BIKE THROUGH *IMLEAGUES.COM/TULANE*

SELECT CLASSES BEGIN AT A LATER DATE!
***CLASSES W/ BECCA F. BEGIN 8/25**
***VXN W/ MERCEDES STARTS 9/2**
***YOGA SCULPT W/ ESME STARTS 9/2**

CYCLING STUDIO TIPS:

- Bring a small towel and water bottle
- Store bags and personal items in daily-use lockers outside the studio.
- Wipe equipment after class.
- Bikes can accommodate hard-soled gym shoes and SPD cleats only.
- Drinks other than water are not allowed in the Cycling Studio.

CLASS TIMES AND DATES SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS:

LAKESIDE STUDIO

AUGUST 18 - DECEMBER 5 | GROUP EXERCISE

MONDAY

6:15–7:15 AM | BODYPUMP™ | J.C.

12:00–12:45 PM | BODYPUMP™ Express | J.C.

3:00–4:00 PM | ZUMBA | ADELAIDE K.

6:30–7:30 PM | BODYPUMP™ | J.C.

TUESDAY

7:30–8:15 AM | STRENGTH 45 | KAM S.

8:30–9:30 AM | BODYPUMP™ | J.C.

6:45–7:30 PM | BODYPUMP™ Express | MELISSA L.

WEDNESDAY

6:15–7:15 AM | BODYPUMP™ | J.C.

12:00–1:00 PM | BODYPUMP™ | MARIA V.

THURSDAY

7:45- 8:45 AM | GRIT ™ | KAM S.

9:00–10:00 AM | BODYPUMP™ | MARIA V.

3:00–3:45 PM | FEEL GOOD FLOW YOGA | BECCA B.

6:30–7:30 PM | BODYPUMP™ | MARK M.

FRIDAY

6:15–7:15 AM | BODYPUMP™ | J.C.

12:00–12:45 PM | BODYCOMBAT EXPRESS™ | J.C.

SATURDAY

9:00–9:45 AM | STRENGTH 45 | KAM S.

10:00-11:00 AM | HIIT & GRIT ™ | KAM S.

SUNDAY

11:00–12:00 PM | BODYPUMP™ | J.C.

6:00-7:00 PM | ZUMBA | MARK M.

GROUP EX TIP: STAY HYDRATED!

DRINK PLENTY OF WATER BEFORE AND AFTER EXERCISE. BE SURE TO BRING YOUR WATER BOTTLE TO CLASS.

SELECT CLASSES BEGIN AT A LATER DATE!
***CLASSES W/ BECCA F. BEGIN 8/25**
***VXN W/ MERCEDES STARTS 9/2**
***YOGA SCULPT W/ ESME STARTS 9/2**

LAKESIDE STUDIO TIPS:

- Store bags and personal items in daily-use lockers outside the studio.
- Mats and other equipment can be found in the studio and in the closet.
- Wipe and return all equipment after class.

CLASS TYPES:

- HIGH INTENSITY
- DANCE
- MIND/BODY

CLASS TIMES AND DATES SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS:

RIVERSIDE STUDIO

AUGUST 18 - DECEMBER 5 | GROUP EXERCISE

MONDAY

4:30–5:00 PM | CORE 30 | CHARLOTTE S.

6:00–7:00 PM | BARRE | JO ANNE

TUESDAY

4:00–5:00 PM | HIIT | ADELAIDE

5:15–6:00 PM | ABS, BUNS & THIGHS | BECCA F.
BEGINS 8/25

7:45–8:45 PM | VXN | MERCEDES T. | ***BEGINS 9/2/25***

WEDNESDAY

4:30–5:00 PM | CORE 30 | CHARLOTTE S.

6:30–7:30 PM | ZUMBA | VICKIE J.

7:45–8:45 PM | VXN | MERCEDES T. | ***BEGINS 9/2/25***

THURSDAY

12:00–1:00 PM | ZUMBA | SHAYRA B.

4:00–5:00 PM | PILATES SCULPT | LILY O.

5:30–6:30 PM | PILATES SCULPT | ALLEGRA G.

6:45–7:30 PM | HIIT 45 | MELISSA L.

SATURDAY

10:00–11:00 AM | ZUMBA | VICKIE J.

SUNDAY

3:00–4:00 PM | SAMBASIZE | CAROLYN B.

4:15–5:15 PM | PILATES SCULPT | SHANI A.

GROUP EX TIP: STAY HYDRATED!

DRINK PLENTY OF WATER BEFORE AND AFTER EXERCISE. BE SURE TO BRING YOUR WATER BOTTLE TO CLASS.

SELECT CLASSES BEGIN AT A LATER DATE!
***CLASSES W/ BECCA F. BEGIN 8/25**
***VXN W/ MERCEDES STARTS 9/2**
***YOGA SCULPT W/ ESME STARTS 9/2**

RIVERSIDE STUDIO TIPS:

- Store bags and personal items in daily-use lockers outside the studio.
- Mats and other equipment can be found in the studio and in the closet.
- Wipe and return all equipment after class.

CLASS TYPES:

- HIGH INTENSITY
- DANCE
- MIND/BODY
- BARRE

CLASS TIMES AND DATES SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS:

DIBOLL STUDIO

AUGUST 18 - DECEMBER 5 | GROUP EXERCISE SCHEDULE

MONDAY

6:15–7:15 AM | SUNRISE YOGA | BECCA F.
BEGINS 8/25/25

10:00- 11:00 AM | VINYASA YOGA | SOPHIA A.

12:15-1:15 PM | PILATES | ADELAIDE K.

3:00–3:45 PM | FEEL GOOD FLOW YOGA | BECCA B.

5:00–5:45 PM | PILATES | LOUIS K.

6:00–7:00 PM | YOGA | LOUIS K.

TUESDAY

8:00–9:00 AM | PILATES SCULPT | ALLEGRA G.

12:00–12:45 PM | PILATES/BARRE FUSION | BECCA F.
BEGINS 8/25

4:00–4:45 PM | YOGA SCULPT | ESME O. | ***BEGINS 9/2/25***

5:00–6:00 PM | ADULT BALLET BASICS | ALYSSA S.

WEDNESDAY

12:00–1:00 PM | MIDWEEK SOUNDBATH | ADELAIDE K.

5:00–5:45 PM | PILATES | LOUIS K.

6:00–7:00 PM | YOGA | LOUIS K.

7:15–8:15 PM | YOGA | TONKA Z.

THURSDAY

9:00–10:00 AM | YOGA SCULPT | ESME O.
BEGINS 9/2/25

12:00–1:00 PM | YOGA | ALYSSA S.

5:00–6:00 PM | POWER YOGA | GAVIN L.

FRIDAY

10:00–11:00 AM | MAT PILATES | CHARLOTTE S.

12:00–1:00 PM | BARRE | ABIGAIL S.

4:00–5:00 PM | STRONG YOGA+STRONG VIBES | MORGAN

7:00–8:00 PM | YOGA 60 | TONKA Z.

SATURDAY

9:00–10:00 AM | GENTLE FLOW YOGA | MORGAN B.

12:00–1:00 PM | BARRE | ABIGAIL S.

SUNDAY

12:00–1:00 PM | VINYASA YOGA | SOPHIA A.

5:00–6:15 PM | ASHTANGA YOGA | ANNIE C.

GROUP EX TIP: STAY HYDRATED!

DRINK PLENTY OF WATER BEFORE AND AFTER EXERCISE. BE SURE TO BRING YOUR WATER BOTTLE TO CLASS.

SELECT CLASSES BEGIN AT A LATER DATE!
***CLASSES W/ BECCA F. BEGIN 8/25**
***VXN W/ MERCEDES STARTS 9/2**
***YOGA SCULPT W/ ESME STARTS 9/2**

DIBOLL STUDIO TIPS:

- Store shoes, bags, and personal items in the shelves next to the studio entrances.
- Mats and equipment can be found in the closet.
- Wipe and return all equipment after class.
- Grippy socks are welcome and help prevent slipping during class.

CLASS TYPES:

- MIND/BODY
- BARRE
- DANCE

CLASS TIMES AND DATES SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS:

CLASS DESCRIPTIONS

STRENGTH AND DEVELOPMENT: This dynamic weight training class is designed to help you build strength, enhance muscle development, and improve overall fitness. Through a combination of targeted exercises, proper technique, and progressive resistance, you'll work towards increasing your power and endurance. Each session provides personalized coaching and challenging workouts that emphasize correct form, muscle activation, and gradual progression.

Strength 45: A fast-paced, 45-minute strength training class designed to challenge your muscles and boost your metabolism. Using a combination of free weights, resistance bands, and bodyweight exercises, this class targets all major muscle groups to improve endurance, tone, and functional fitness. Suitable for all fitness levels, modifications and progressions ensure everyone gets a great workout.

CORE 30: Focus on strengthening abdominal, chest, and back muscles to support a healthy posture, increase stability and promote balance. Take this 30-minute class on its own or pair it with another class.

BODYPUMP™: The original Les Mills barbell class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements. Express class is 45 minutes.

GRIT™: LES MILLS GRIT™ the best high-intensity interval training (HIIT) workout, scientifically designed to get results fast through athletic training. LES MILLS GRIT comes in three varieties; GRIT Cardio, GRIT Strength and GRIT Athletic.

BODYCOMBAT™: A high-energy martial arts-inspired workout that is totally non-contact. Beat stress as you kick and punch your way to fitness. Express class is 45-minutes.

PILATES, SCULPT, HIIT/BARRE FUSION: This dynamic class combines the core-strengthening and flexibility benefits of Pilates with the fat-burning power of high-intensity interval training (HIIT or Barre). You'll alternate between low-impact Pilates exercises to sculpt and tone and bursts of high-energy cardio to elevate your heart rate.

YOGA: These classes focus on creating a mind and body connection through intentional movement and breathwork. Practicing yoga can promote relaxation, increase flexibility and balance, and improve core strength and stability. Classes below are listed in order of light intensity to higher intensity.

► Sunrise Yoga: Vinyasa flow sequences with your morning in mind.

► Vinyasa Flow: Connect your mind and body by linking breath to pose as you transition through sequences.

► Gentle Flow: A calming yoga class designed to soothe the body and mind. This class emphasizes slow, intentional movements and mindful breathing as you flow through gentle stretches and foundational poses.

► Power Hour (Strong Yoga/Power Flow): A vigorous asana practice that focuses on strength and flexibility.

Feel Good Flow: Flex and stretch your body in this 45-minute Vinyasa yoga class. This class will relax and strengthen your mind and body, and you will leave grounded and energized!

► Stability and Yoga: A yoga practice that focuses on breathing, stretching, flexibility, and stability with our stability balls.

MAT PILATES: This all-levels class may utilize equipment like rings, blocks, and rollers in addition to your own body. Mat work exercises are the fundamental exercises of Pilates and will improve core strength, flexibility, balance, and posture.

BARRE: Fire up your muscles in this ballet-inspired class! Barre blends elements of Pilates, dance, yoga, and functional training and combines large, energizing movements with small, precise pulses to create a low-impact, high-intensity workout.

BARRE AND PILATES FUSION: This class blends ballet and balance elements of barre and core strengthening aspects of Pilates to create a well-rounded movement session.

MIDWEEK SOUND BATH: Join Adelaide from House of Skye Yoga for a healing and relaxing sound bath session. Listen to the frequencies of crystal sound bowls as you take a midday break for yourself. Please enter the space as quietly as possible. Yoga blankets, blocks and mats will be provided in the Diboll Studio.

Cycle classes have a maximum of 15 riders. **Register in advance on IMLeagues.com/tulane.**

CYCLE 30, 45 & 60: Elevate your heart rate and explore an expanded terrain using resistance, cadence, and power as your guide in 30, 45 or 60 minute rides.

RPM™: With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

RHYTHM & RIDE: An immersive workout experience that feels like a dance party on a bike. Designed for all fitness levels, this class focuses on building endurance, strength, and rhythm through a mix of climbs, sprints, and choreography synced to the music. Whether you're a seasoned rider or just starting, you'll leave feeling energized, empowered, and ready to take on the day. Clip in, feel the rhythm, and ride your way to fitn

SAMBASIZE : Learn the national dance of Brazil (Samba), where they have the largest Carnival in the world! Samba is an infectious, high-energy dance with lots of foot, leg, and hip work done to the pulsating sounds of the drum. The movements address all levels of fitness: cardio, muscle conditioning, balance, flexibility and coordination ..... all while having fun!

VXN(VIXEN WORKOUT): A cardio dance class inspired by the stage. With the lights off and colorful lighting on, the class will complete intense muscle toning movements hidden by clever choreography set to hip-hop and other popular songs.

ZUMBA® : Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

ADULT BALLET BASICS : All experience levels welcome! Enjoy moving your body and learning a wide range of ballet techniques and exercises.

TULANE UNIVERSITY
Campus Recreation

SELECT CLASSES BEGIN AT A LATER DATE!
***CLASSES W/ BECCA BEGIN 8/25**
***VXN W/ MERCEDES STARTS 9/2**
***YOGA SCULPT W/ ESME STARTS 9/2**

SCAN FOR THE DIGITAL VERSION OF THE SCHEDULE.