

DECEMBER 8 - DECEMBER 12 | FINALS WEEK 2025 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE	 6:15-7:15 AM CYCLE 60 MICHELE H. CYCLE STUDIO	 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE	 12:00-1:00 PM YOGA ALYSSA S. DIBOLL	 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
 12:00-12:45 PM BODYPUMP™ Express J.C. LAKESIDE	 8:00-9:00 AM PILATES SCULPT ALLEGRA G. DIBOLL	 7:15-8:00 AM CYCLE 45 ADELAIDE K. CYCLE STUDIO	 4:00-4:45 PM CYCLE 45 ADELAIDE K. CYCLE STUDIO	 12:00-12:45 PM BODYCOMBAT™ Express J.C. LAKESIDE
 12:30-1:30 PM PILATES ADELAIDE K. DIBOLL	 8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE	 12:00-1:00 PM MIDWEEK SOUND BATH ADELAIDE K. DIBOLL	 4:00-5:00 PM PILATES SCULPT LILY O. RIVERSIDE	 12:00-1:00 PM BARRE ABIGAIL S. DIBOLL
 5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL	 12:00-12:45 PM PILATES/BARRE FUSION BECCA F. DIBOLL	 5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL	 5:30-6:30 PM PILATES SCULPT ALLEGRA G. RIVERSIDE	 7:00-8:00 PM YOGA TONKA Z. DIBOLL
 5:30-6:30 PM BARRE JO ANNE K. RIVERSIDE	 4:00-4:45 PM POWER YOGA ALYSSA S. DIBOLL	 6:00-7:00 PM YOGA LOUIS K. DIBOLL	 6:45-7:30 PM HIIT 45 MELISSA L. RIVERSIDE	
 6:00-7:00 PM YOGA LOUIS K. DIBOLL	 4:00-5:00 PM HIIT ADELAIDE K. RIVERSIDE	 6:30-7:30 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO		
 6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE	 5:00-5:45 PM CYCLE 45 ALEXA M. CYCLE STUDIO	 7:15-8:15 PM YOGA TONKA DIBOLL		
 6:30-7:30 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO	 5:00-6:00 PM ADULT BALLET BASICS ALYSSA S. DIBOLL			
	 5:15-6:00 PM ABS, BUNS & THIGHS BECCA F. RIVERSIDE			
	 6:30-7:30 PM VINYASA FLOW REAGAN C. DIBOLL			
	 6:45-7:30 PM BODYPUMP™ Express MELISSA L. LAKESIDE			

CLASS TYPES:

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

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.



TULANE UNIVERSITY
Campus Recreation

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

CREATE AN ACCOUNT TO
RESERVE A CYCLE BIKE
THROUGH
[IMLEAGUES.COM/TULANE](https://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