

SAT, MAY 2 - THURS, MAY 7 | SPRING FINALS WEEK 2026 GROUP EXERCISE

SATURDAY
9-9:45 AM ABS, BUNS, THIGHS TONKA Z. RIVERSIDE
9:00-10:00 AM RPM™ TIM D. CYCLE STUDIO
10-10:45 AM STRENGTH 45 TONKA Z. LAKESIDE
11:00-11:45 AM HIIT & GRIT™ TONKA Z. LAKESIDE
12:00-12:45 PM HIIT 45 TONKA Z. LAKESIDE
12-1:00 PM PILATES SCULPT LILY O. DIBOLL

SUNDAY
11:00-12:00 PM BODYPUMP™ J.C. LAKESIDE
5-6 PM VINYASA YOGA SOPHIA A. DIBOLL
12:00-1:00 PM CYCLE 60 TONKA Z. CYCLE STUDIO

MONDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
7:00-7:45 AM YOGALATES TONKA Z. DIBOLL
8:00-8:45 AM BODYPUMP EXPRESS MARIA V. LAKESIDE
4:00-4:45 PM CYCLE 45 JEFF S. CYCLE STUDIO
5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL
5:30-6:15 PM CYCLE 45 KATHLEEN G. CYCLE STUDIO
5:30-6:15 PM HIIT 45 DELLA T. LAKESIDE
6:00-7:00 PM YOGA LOUIS K. DIBOLL
6:00-7:00 PM PILATES SCULPT LILY O. RIVERSIDE
6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE

TUESDAY
6:15-7:15 AM CYCLE 60 MICHELE H. CYCLE STUDIO
7:30-8:15 AM CYCLE 45 ALLIE S. CYCLE STUDIO
8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE
12:00-12:45 PM PILATES/BARRE FUSION BECCA F. DIBOLL
12:15-1:15 PM LOWER BODY STRENGTH TONKA Z. RIVERSIDE
4:00-4:45 PM POWER YOGA ALYSSA S. DIBOLL
4:00-4:45 PM CYCLE 45 TONKA Z. CYCLE STUDIO
4:00-5:00 PM YOGA SCULPT ISABELLE S. RIVERSIDE
5:00-6:00 PM ADULT BALLET BASICS ALYSSA S. DIBOLL
6:00-6:45 PM CYCLE 45 KATHLEEN G. CYCLE STUDIO
6:30-7:30 PM VINYASA FLOW REAGAN C. DIBOLL

WEDNESDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
8:00-9:00 AM YOGALATES BECCA F. DIBOLL
12:00-12:45 PM BODYPUMP™ EXPRESS MARIA V. LAKESIDE
4:00-4:45 PM TABATA DELLA T. LAKESIDE
4:30-5:15 PM CYCLE 45 ALLIE S. CYCLE STUDIO
5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL
5:30-6:15 PM CYCLE 45 IZZY G. CYCLE STUDIO
5:30-6:30 PM BODYPUMP™ BECCA D. LAKESIDE
6:00-7:00 PM YOGA LOUIS K. DIBOLL

THURSDAY
8:00-9:00 AM YOGA SCULPT ISABELLE S. RIVERSIDE
12:00-1:00 PM YOGA ALYSSA S. DIBOLL
12:15-1:15 PM UPPER BODY STRENGTH TONKA Z. RIVERSIDE
4:00-4:45 PM CYCLE 45 TONKA Z. CYCLE STUDIO
4:00-4:45 PM POWER YOGA EXPRESS ALYSSA S. DIBOLL

ALL CLASSES ARE INCLUDED W/ MEMBERSHIP!

CREATE A FREE ACCOUNT TO RESERVE A CYCLE BIKE & SIGN UP FOR CLASSES THROUGH [IMLEAGUES.COM/TULANE](https://imleagues.com/tulane)

CLASS TIMES AND DATES ARE SUBJECT TO CHANGE. CHECK OUR WEBSITE FOR UPDATES!

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