

GROUP FITNESS SCHEDULE

Monday

Time	Class / Instructor	Location
10:30-11:30	Minute to Win It / Paula	MP 1
5:00-6:00	HIIT/Kim	MP1
5:15-6:15	Water Aerobics / Robin	Pool

Tuesday

Time	Class / Instructor	Location
3:45-4:45	Karate / Masashi	MP1
5:00-6:00	Zumba / Shae	MP 1

Wednesday

Time	Class / Instructor	Location
10:30-11:30	20/20/20 / Paula	MP 1
5:00-6:00	Vinyasa Yoga / Connor	MP1
5:15-6:15	Water Aerobics / Robin	Pool

Thursday

Time	Class / Instructor	Location
3:45-4:45	Karate / Kellan	MP 1
5:00-6:00	Zumba / Shae	MP 1
6:15-7:15	Step & Weights/Paula	MP 1
7:30-8:30	Brazilian JiuJitsu/ Rusty	MP 1

Friday

Time	Class / Instructor	Location
10:30-11:30	Total Body / Paula	MP 1
5:15-6:15	Water Aerobics / Robin	Pool

Saturday

8:30-9:30	Cycle & Strength / Jenny	MP1
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Class Locations:

MP 1 - Multipurpose Room 1

Hours of Operation

Monday-Thursday 6 AM - 9 PM

Friday 6 AM - 8 PM

Saturday 8 AM - 3 PM

Sunday 10 AM - 3 PM

Looking for a fun way to stay active and fit? UNO's Fitness Center offers a variety of group fitness classes, free for students, faculty, and gym members. With classes available Monday through Saturday, there's something for everyone. Join in on the fun and sweat it out together - let's get moving!

The University of New Orleans
Department of Recreation and
Intramural Sports
2000 Lakeshore Drive
New Orleans, LA, 70148

A class may be canceled if less than 5 participants are present at the scheduled class time.

Class schedule is subject to change.