

Ochsner Wellness Center

Spring 2026 Schedule

Weight Room (B-430)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KIN 2504 Labs 7:30 AM- 5:30 PM	Weight Training Classes 7:30 AM- 4:30 PM	KIN 3502 Labs 7:30- 3:30 PM <i>Sp. Olympics Powerlifting 4:30- 6:30 PM</i>	Weight Training Classes 7:30 AM- 4:30 PM <i>Sp. Olympics Powerlifting 4:30- 6:30 PM</i>	Integrated Comm. Studies 12:30- 2:30 PM

Multipurpose Court (B-430F)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KIN 2504 Labs 7:30 AM- 5:30 PM	Pedagogy Labs 9:00 AM- 1:30 PM	KIN 3502 Labs 7:30- 3:30 PM	Pedagogy Labs 9:00 AM- 1:30 PM	No Scheduled Classes

Dance Studio (1400)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dance & Yoga Classes 8:30 AM- 12:30 PM	Dance Class 10:30 AM- 12:00 PM Reserved 2:30- 4:30 PM	Dance & Yoga Classes 8:30 AM- 12:30 PM	Dance Class 10:30 AM- 12:00 PM Reserved 2:30 PM- 4:30 PM <i>Dance Study 5:00 PM- Close</i>	Dance & Yoga Classes 8:30 AM- 12:30 PM <i>Dance Study 5:00 PM- Close</i>

Walking/Jogging Track (C-1400)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jogging Classes 7:30 AM- 1:30 PM	No Scheduled Classes	Jogging Classes 7:30 AM- 1:30 PM	No Scheduled Classes	Jogging Classes 7:30 AM- 1:30 PM

Cardio Room (1430)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jogging Rainy Day Space 7:30 AM- 1:30 PM	Wt. Training Flex Space 7:30 AM- 4:00 PM	Jogging Rainy Day Space 7:30 AM- 1:30 PM	Wt. Training Flex Space 7:30 AM- 4:00 PM	Jogging Rainy Day Space 7:30 AM- 1:30 PM