

Ochsner Wellness Center- FALL 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 AM- 3:30 PM <i>Sp. Olympics Powerlifting</i> 4:30- 6:30 PM	Weight Training Classes 7:30 AM- 4:30 PM <i>Sp. Olympics Powerlifting</i> 4:30- 6:30 PM	<i>Integrated Community Studies</i> 12:00- 2:00 PM

Multipurpose Court (B-430F)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KIN 2504 Labs 7:30 AM- 5:30 PM	Pedagogy & Coaching Labs 10:30 AM- 3:00 PM	KIN 3502 Labs 7:30 AM- 3:30 PM	Pedagogy & Coaching Labs 10:30 AM- 3:00 PM	No Scheduled Classes

Dance Studio (1400)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dance & Yoga Classes 8:30- 11:30 AM <i>Reserved</i> 3:30- 7:30 PM	<i>Reserved</i> 2:30- 4:30 PM <i>Reserved</i> 5:30- 8:30 PM	Dance & Yoga Classes 8:30- 11:30 AM <i>Reserved</i> 2:30- 4:30 PM	<i>Research</i> 5:30- 8:30 PM	Dance & Yoga Classes 8:30 AM- 11:30 PM

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