

Ochsner Wellness Center
Spring 2025 Class & Research 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 <i>Sp. Olympics Powerlifting (Feb- May) 4:30- 6:30 PM</i>	KIN 3502 Labs 7:30- 3:30 PM	Weight Training Classes 7:30 AM- 4:30 PM <i>Sp. Olympics Powerlifting (Feb- May) 4:30- 6:30 PM</i>	No Classes Scheduled

Multipurpose Court (B-430F)

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

Dance Studio (1400)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dance & Yoga Classes 8:30 AM- 12:30 PM <i>Dance Study (Jan- Apr) 12:30- 1:30 PM</i>	Dance Class 10:30 AM- 12:00 PM	Dance & Yoga Classes 8:30 AM- 12:30 PM <i>Dance Study (Jan- Apr) 12:30- 1:30 PM</i>	Dance Class 10:30 AM- 12:00 PM	Dance & Yoga Classes 8:30 AM- 12:30 PM

Walking/Jogging Track (C-1400)

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

The facility is open from 6:30 AM to 5:30 PM. CHSE Faculty and Staff are permitted to use the facility once completing the waiver. Personal use should not interrupt class instruction or research data collection.