

Ochsner Wellness Center

Fall 2025 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</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	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 10:30 AM- 3:00 PM	KIN 3502 Labs 7:30- 3:30 PM	Pedagogy Labs 10:30 AM- 3:00 PM	No Scheduled Classes

Dance Studio (1400)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dance & Yoga Classes 7:30 AM- 11:30 PM <i>Dance Study</i> 11:30- 1:30 PM Reserved 3:30 PM- Close	Dance Class 10:30 AM- 12:00 PM <i>Dance Study</i> 12:30- 1:30 PM Reserved 2:30 PM- Close	Dance & Yoga Classes 7:30 AM- 11:30 PM <i>Dance Study</i> 11:30- 1:30 PM	Dance Class 10:30 AM- 12:00 PM <i>Dance Study</i> 12:30- 1:30 PM Reserved 2:30 PM- Close	Dance & Yoga Classes 7:30 AM- 11:30 PM <i>Dance Study</i> 11:30- 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

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

The facility is open from 6:30 AM to 5:30 PM.

CHSE Faculty and Staff must complete a waiver prior to using.

Personal use should not interrupt class instruction or research data collection.