

St. Gabriel Community Center

1400 Gordon Simon Leblanc Drive
225.642.9873

Aerobic/Fitness Schedule

<i>Day of Week</i>	<i>Class</i>	<i>Time</i>
Monday	Rise, Shine & Sweat	7:30-8:30 a.m.
Monday	Cardio, Core & More	5:00-6:00 p.m.
Monday	Water Zumba	6:00-7:00 p.m.
Tuesday	Tai-Ji-Quan	8:30-9:30 a.m.
Tuesday	Water Aerobics	9:30-10:30 a.m.
Tuesday	Back to Basics (Aerobics)	4:30-5:30 p.m.
Wednesday	Power Hour	5:00-6:00 p.m.
Wednesday	Water Zumba	6:00-7:00 p.m.
Thursday	Tai-Ji-Quan	8:30-9:30 a.m.
Thursday	Water Aerobics	9:30-10:30 a.m.