



OPEN HOUSE CLASS SCHEDULES

🕒 **8:30am–9:00am**

GroupEx Studio

Bodyworks – Alorna

🕒 **9:10am–9:40am**

Main Studio

DanceFit – Ashley

Spin Studio

Ride – Alorna

🕒 **9:50am–10:20am**

GroupEx Studio

Full Body HIIT – Ashley

Spin Studio

Ride – Eric

🕒 **10:30am–11:00am**

GroupEx Studio

Kickbox Cardio – Tohloria

Pool

Aqua – Eric

🕒 **11:10am–11:40am**

GroupEx Studio

Pilates – Hailey

Floor

Bootcamp – Caleb

GENESIS
HEALTH CLUBS

BATON ROUGE