



Durant Wellness Center
3753 Enterprise Dr
Durant, Ok 74701
580-931-8643

CHOCTAW
WELLNESS CENTER

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan
6:00am	CrossFit - Jernigan Kickboxing Basics - T. Jackson	CrossFit - Jernigan	CrossFit - Jernigan Kickboxing Basics - T. Jackson	CrossFit - Jernigan	CrossFit - Jernigan Kickboxing Basics - T. Jackson
6:15am	Cycle 45 - S. Jackson	Core and More - S. Jackson	Cycle 45 - S. Jackson	Core and More - S. Jackson	
8:30am	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan
9:45am		Silver Sneakers - S. Jackson		Silver Sneakers - S. Jackson	
10:00am	Fitness Elements Jazzercise Lite - Cannon	Fitness Elements	Jazzercise Lite - Cannon	Fitness Elements	Jazzercise Lite - Cannon
12:00pm	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan	CrossFit - Jernigan
12:05pm	Core and More - S. Jackson	Cycle 30 - S. Jackson	Core and More - S. Jackson	Cycle 30 - S. Jackson	
3:30pm	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray
5:00pm	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray
5:15pm	Cycle 30 - Henson		Cycle 30 - Henson	Cycle 45 - Henson	
5:30pm	TKO Sculpt - Ezell	Step n Strength - S. Jackson	Yoga - Vandergriff	Tabata Melt - Dill	Yoga - Vandergriff
6:00pm	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray
6:15pm		ZUMBA Party! - Robertson		ZUMBA Party! - Robertson	
6:30pm			Yoga - Vandergriff		
7:00pm	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray	CrossFit - Mabray
8:00pm	Fitness Elements	Fitness Elements		Fitness Elements	

CrossFit Room
Gymnasium
Aerobics Room
Spin Room

www.choctawwellness.com



Choctaw Nation
Faith • Family • Culture