

# FEBRUARY 2019

**Gym Hours**  
**Mon-Thurs: 5am-8pm**  
**Friday: 5am-7pm**  
**Saturday: 8am-4pm**  
**Sunday: CLOSED**

**Nursery Hours:**  
**Mon-Fri 8:30am-11:30am**  
**Mon-Thurs 4:30pm-7:30pm**  
**Sat 9:00am-11:00am**

Monday	TUESDAY	WEDNESDAY	Thursday	FRIDAY 1	Saturday 2
				5:00AM CIRCUIT-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM POWERPUMP-BT
4	5	6	7	8	9
5:00AM RESISTANCE-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 5:30PM CARDIO & SCULPT-MC 5:30PM SPIN-T 6:30PM FUNKIE FUSION-TC	7:30AM CARDIO TONE-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION-AL 4:30PM BOOTYBALLET-TH 5:30PM CARDIOKICK-BG 6:30PM RIPPED-EW	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-TH 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM TONING-TC	8:30AM TABATA YOGA-TH 9:30AM INTERVAL TRAINING-KT 12:15PM BODYSULPT-ST 4:30PM YOGA&STRETCH-TH 5:30PM SPIN-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BP	5:00AM POWERPUMP-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM ZUMBA-SS
11	12	13	VALENTINE'S DAY 14	15	16
5:00AM SPIN-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 5:30PM CARDIO & SCULPT -T 5:30PM SPIN-MC 6:30PM METABOLIC-TC	7:30AM TONE-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG2 12:15PM FUNKIE FUSION-TC 4:30PM BOOTYBALLET-TH 5:30PM CARDIOKICK-BG 6:30PM RIPPED-CG2	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-TH 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM FUNKIE FUSION-SP	8:30AM TABATA YOGA-TH 9:30AM INTERVAL TRAINING-KT 12:15PM RIPPED-CG2 4:30PM TABATA YOGA-TH 5:30PM SPIN-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BP	5:00AM STEP/TONE-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM FUNKIE/TONE-TC
18	19	20	21	22	23
5:00AM POWER PUMP-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 5:30PM CARDIO & SCULPT -MC 5:30PM SPIN-T 6:30PM FUNKIE FUSION-TC	7:30AM FAT BURNER-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM KICKBOXING-AL 4:30PM BOOTYBALLET-TH 5:30PM CARDIOKICK-BG 6:30PM RIPPED-EW	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-TH 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM TONING-TC	8:30AM TABATA YOGA-RH 9:30AM INTERVAL TRAINING-KT 12:15PM TONING-AL 4:30PM YOGA&STRETCH-TH 5:30PM SPIN-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BP	5:00AM POWER PUMP-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM BODYSULPT-ST
25	26	27	28	<p>(337)984-2226</p> <p>LIKE US ON FACEBOOK</p> <p><a href="http://www.physiquesfitness.com">www.physiquesfitness.com</a></p>	
5:00AM SPIN-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 5:30PM CARDIO & SCULPT -T 5:30PM SPIN-MC 6:30PM METABOLIC-TC	7:30AM CARDIOKICK-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION-AL 4:30PM BOOTYBALLET-TH 5:30PM CARDIOKICK-BG 6:30PM RIPPED-CG2	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-TH 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM FUNKIEFUSION-SP	8:30AM TABATA YOGA-TH 9:30AM INTERVAL TRAINING-KT 12:15PM RIPPED-CG2 4:30PM TABATA YOGA-TH 5:30PM SPIN-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BC		











































