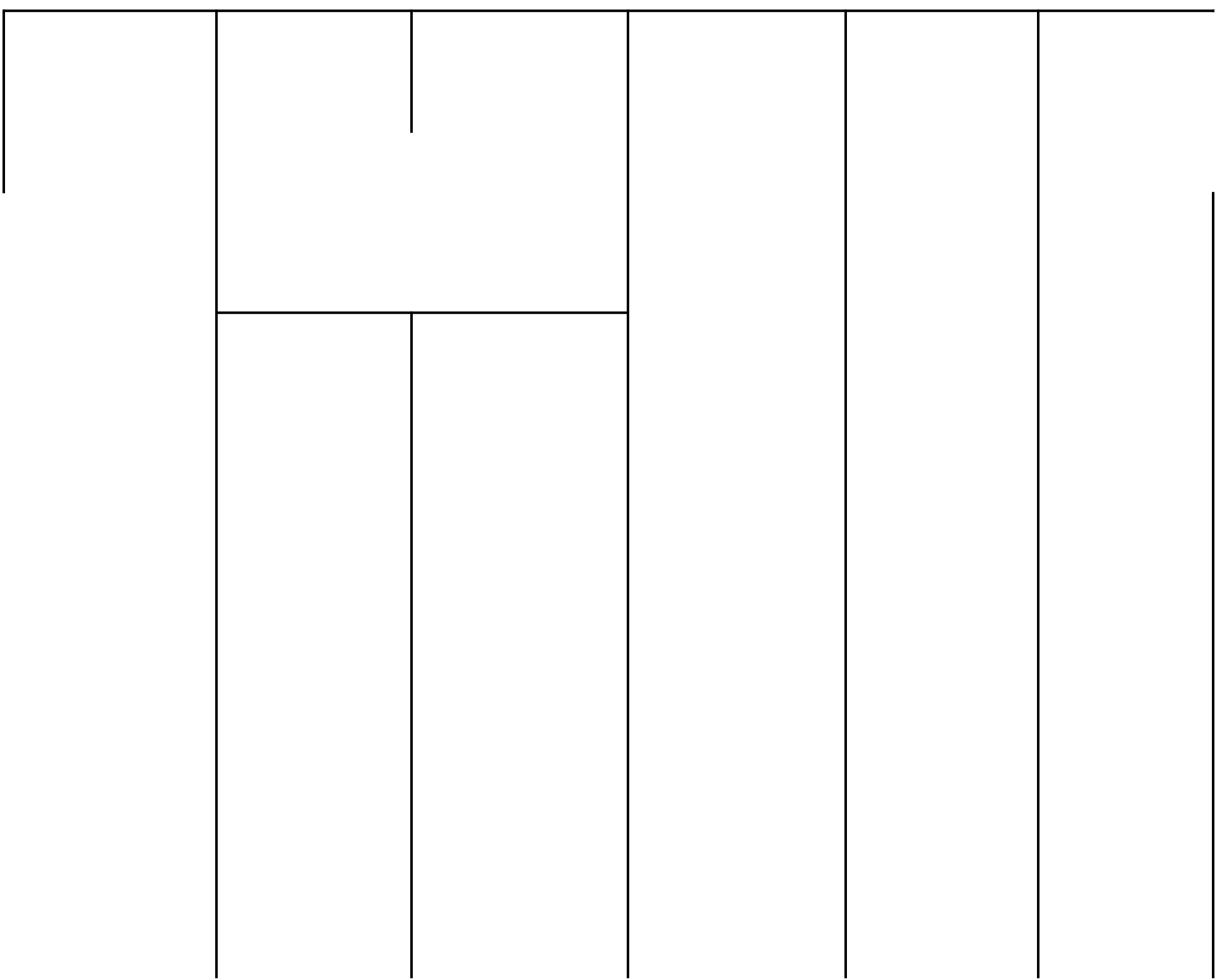


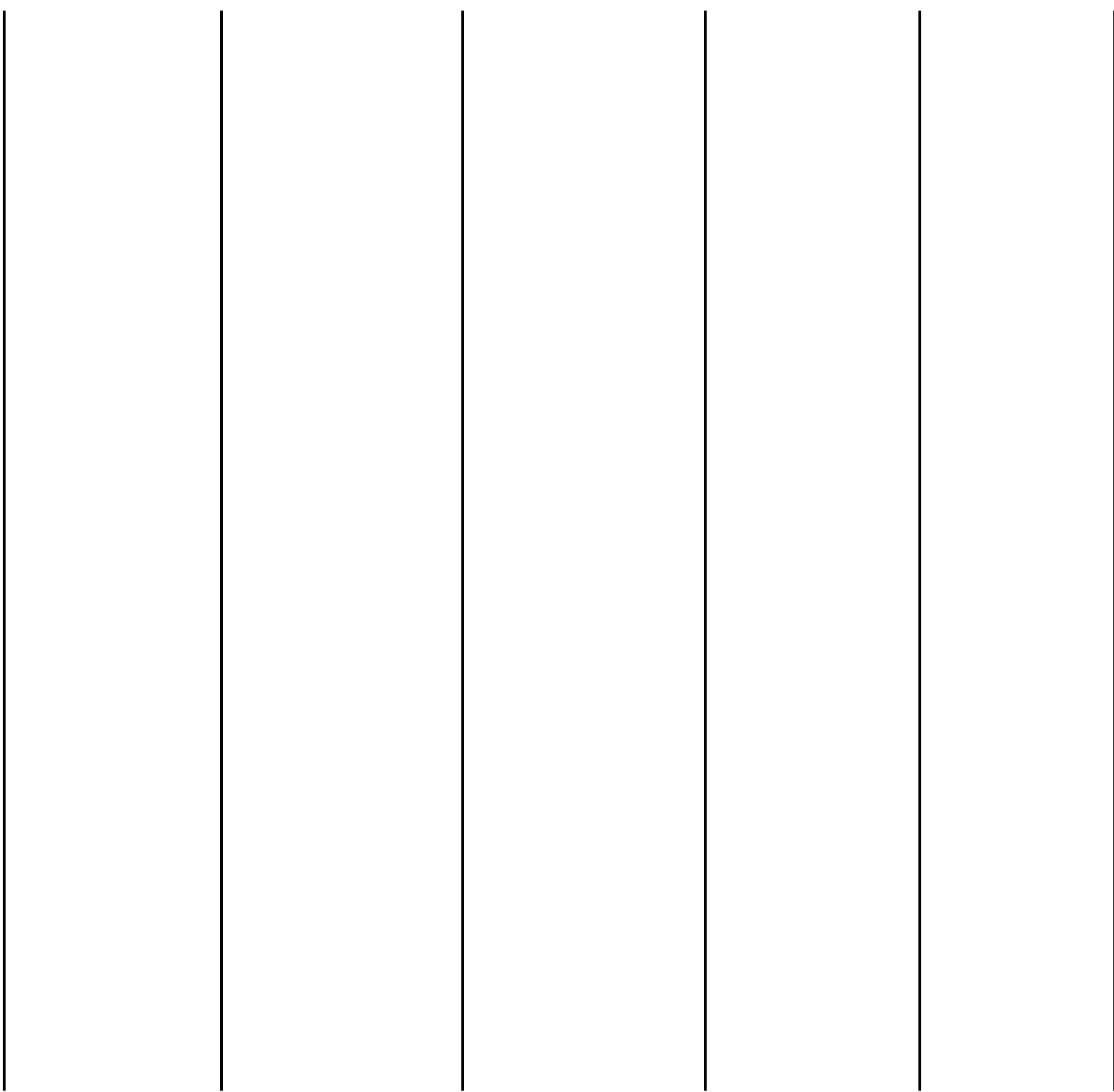
August 2018

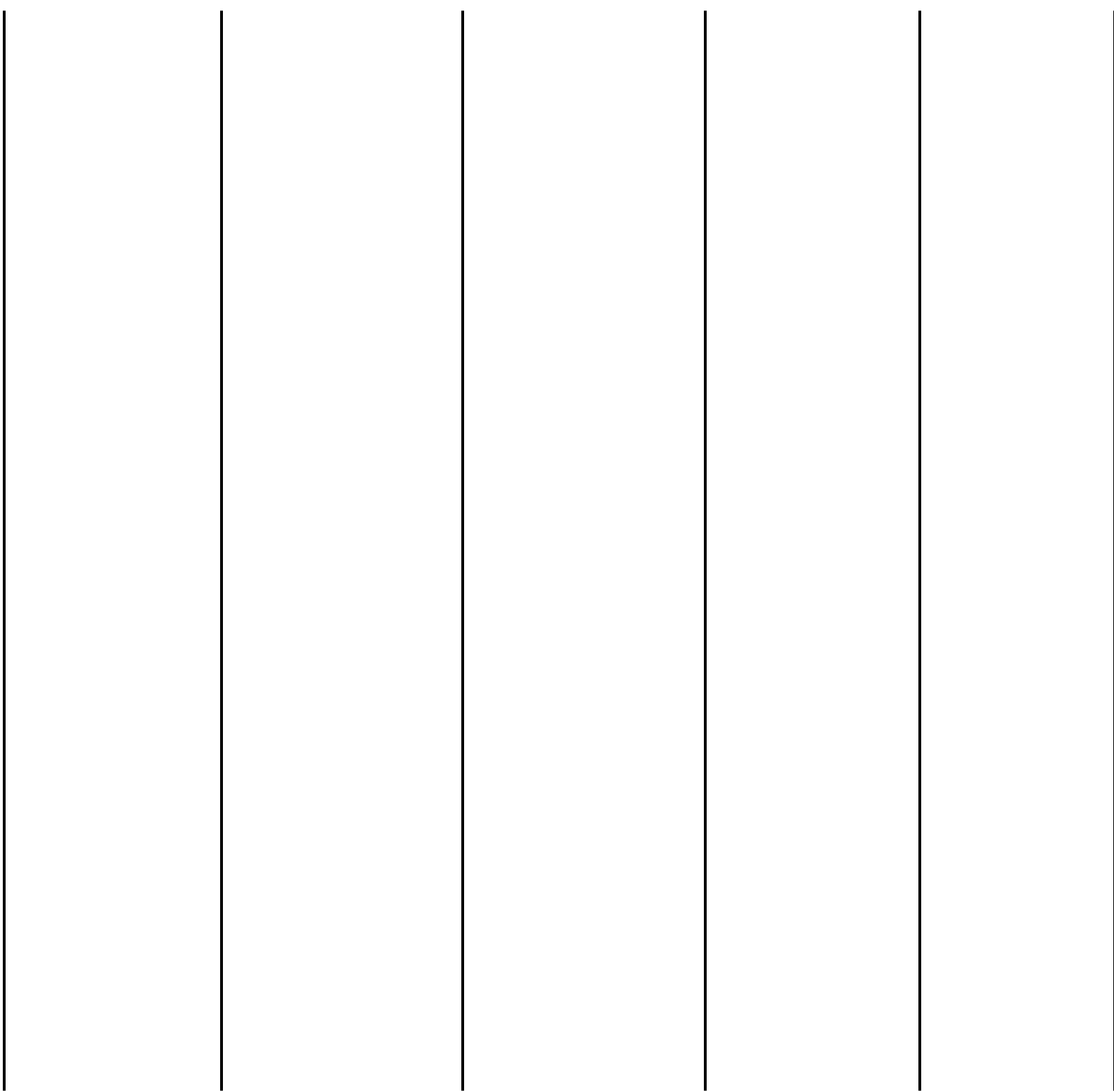
www.physiquesfitness.com

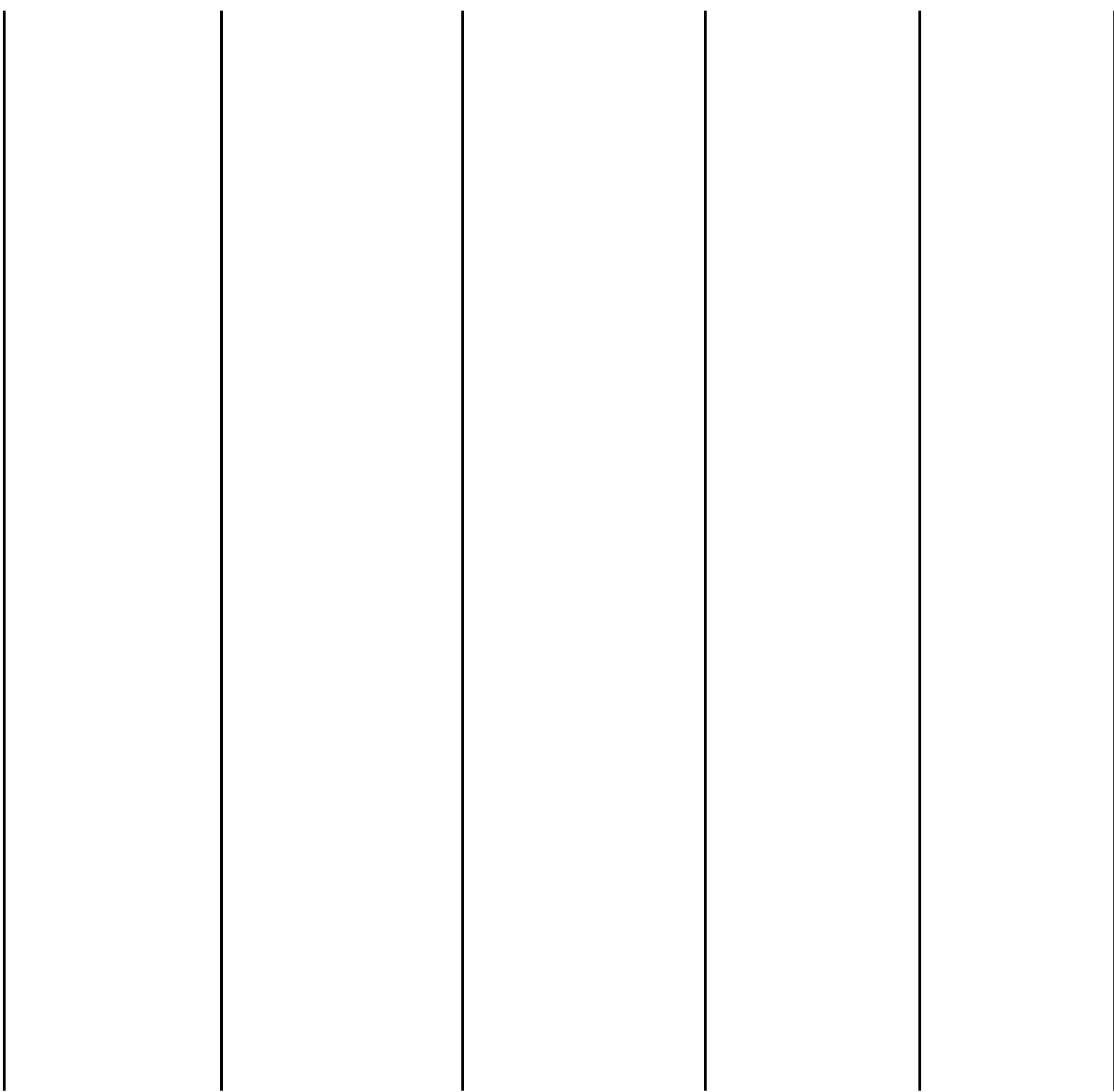
Gym Hours
 Mon-Thurs: 5am-8pm
 Friday: 5am-7pm
 Saturday: 8am-4pm
 Sunday: 1pm-4pm

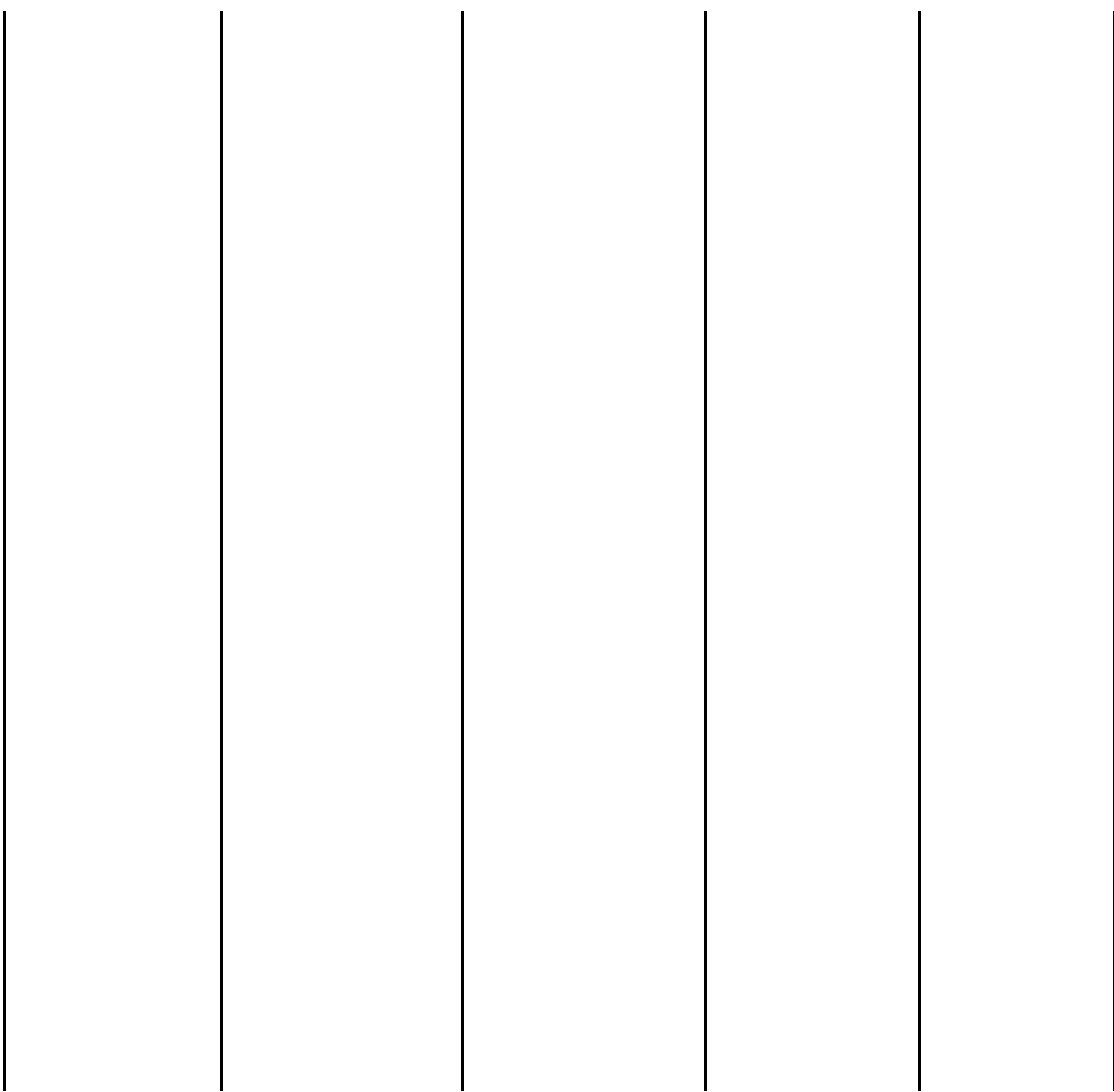
Monday	Tuesday	WEDNESDAY 1	Thursday 2	FRIDAY 3	Saturday 4
		5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-TH 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM FUNKIE FUSION-KG	8:30AM TABATA YOGA-TH 9:30AM AQUA-KT 12:15PM RIPPED-CG 4:30PM TABATA YOGA-TH 5:30PM SPIN-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BP	5:00AM POWER PUMP-BT 8:30AM FUNKIE/TONE-CL 9:30AM RIPPED-CG2	9:30AM POWER PUMP-BT
6	7	8	9	10	11
5:00AM POWER PUMP-BT 8:30AM PILATES-KD No Spin Class at 9am 9:30AM FUNKIE/TONE-SP 4:30PM GORGEOUSGLUTES-BT 5:30PM CARDIO & SCULPT -MC 5:30PM SPIN-BT 6:30PM FUNKIE FUSION-TC	7:30AM STEP-C 8:30AM YOGA&STRETCH-TH 9:30AM STRONG-BC 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 AQUA-TH 12:15PM TONING-AL 4:30PM YOGA&STRETCH-TH 5:30PM SPIN-BT 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BC	5:00AM CIRCUIT-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM METABOLIC-TC
13	14	15	16	17	18
5:00AM RESISTANCE-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 4:30PM BARBELLS&GLUTES-EW 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-KG	8:30AM TABATA YOGA-TH 9:30AM AQUA-KT 12:15PM RIPPED-CG 4:30PM TABATA YOGA-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 FUNKIE/TONE-SP
20	21	22	23	24	25
5:00AM SPIN-BT 8:30AM PILATES-CL 9:00AM SPIN-T 9:30AM FUNKIE/TONE-SP 4:30PM GORGEOUS GLUTES-TH 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 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 AQUA-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 CIRCUIT-BT 8:30AM FUNKIE/TONE-CL 9:30AM CARDIO/TONE-CG	9:30AM TONING-AL
27	28	29	30	31	
5:00AM POWER PUMP-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 4:30PM BARBELLS&GLUTES-CG 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 FUNKIE FUSION-KG	8:30AM TABATA YOGA-TH 9:30AM AQUA-KT 12:15PM RIPPED-CG 4:30PM TABATA YOGA-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	Nursery Hours: Mon-Fri 8:30am-11:30am Mon-Thurs 4:30pm-7:30pm Sat 9:00am-11:00am (337)984-2226

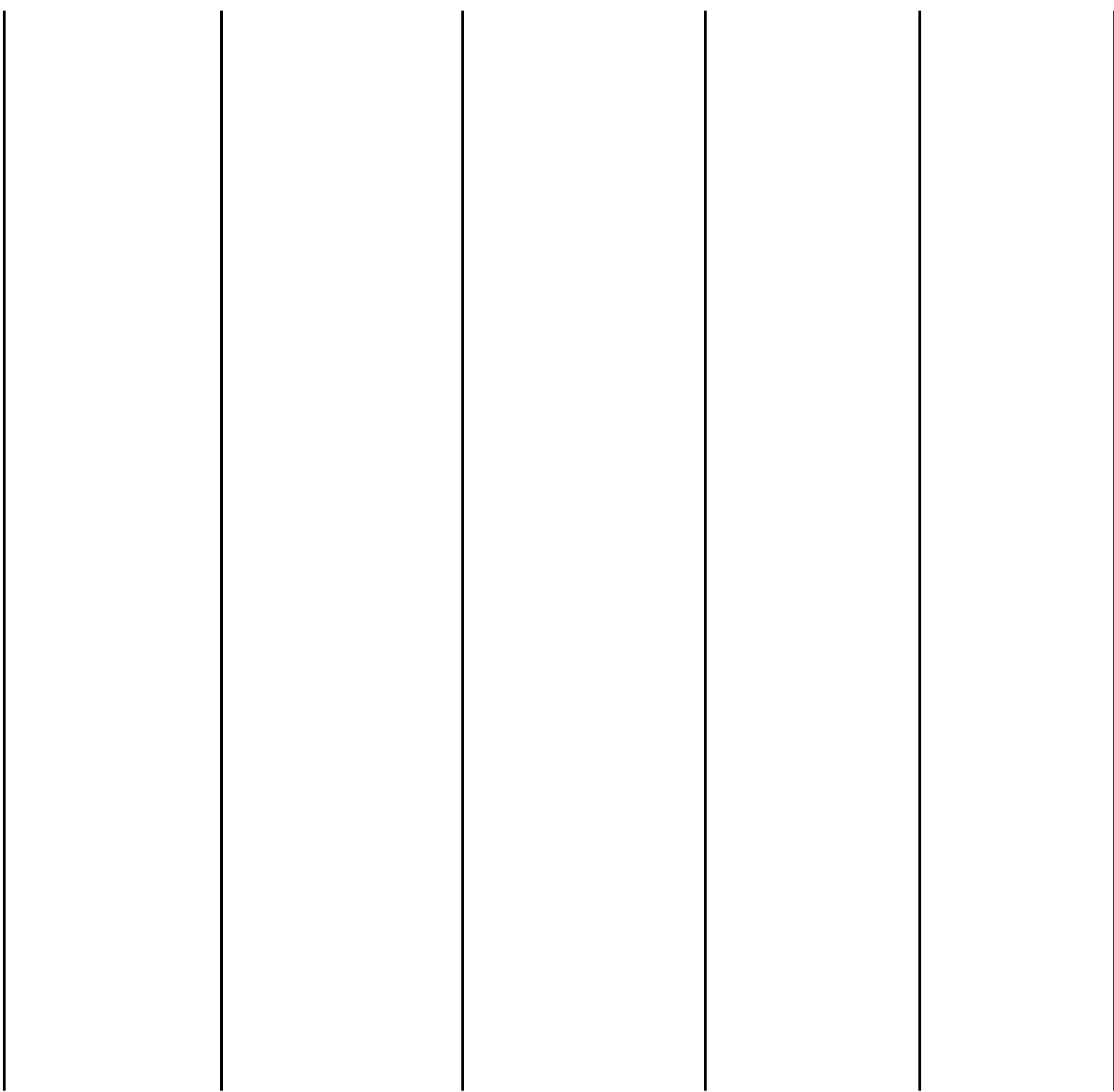


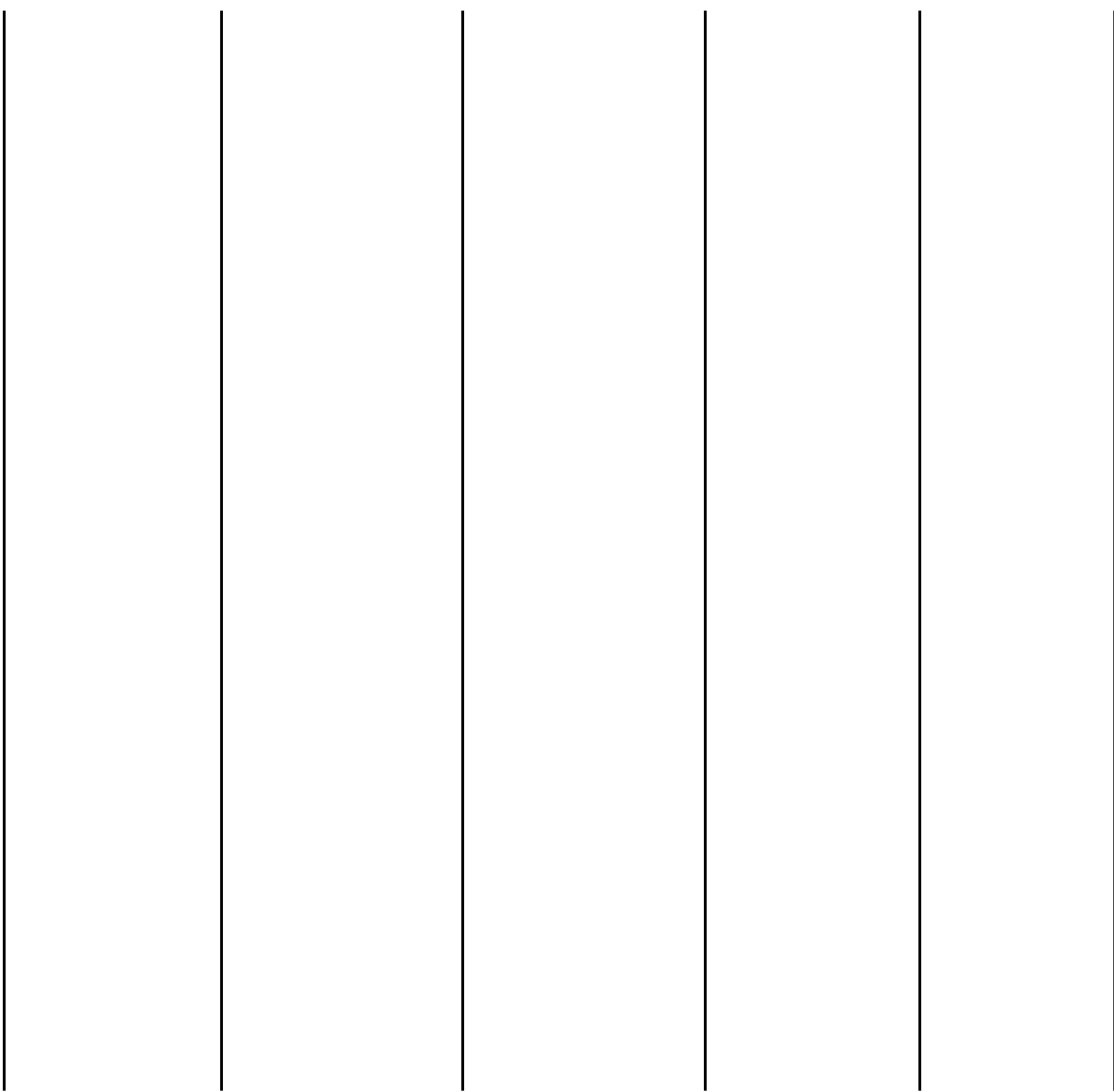


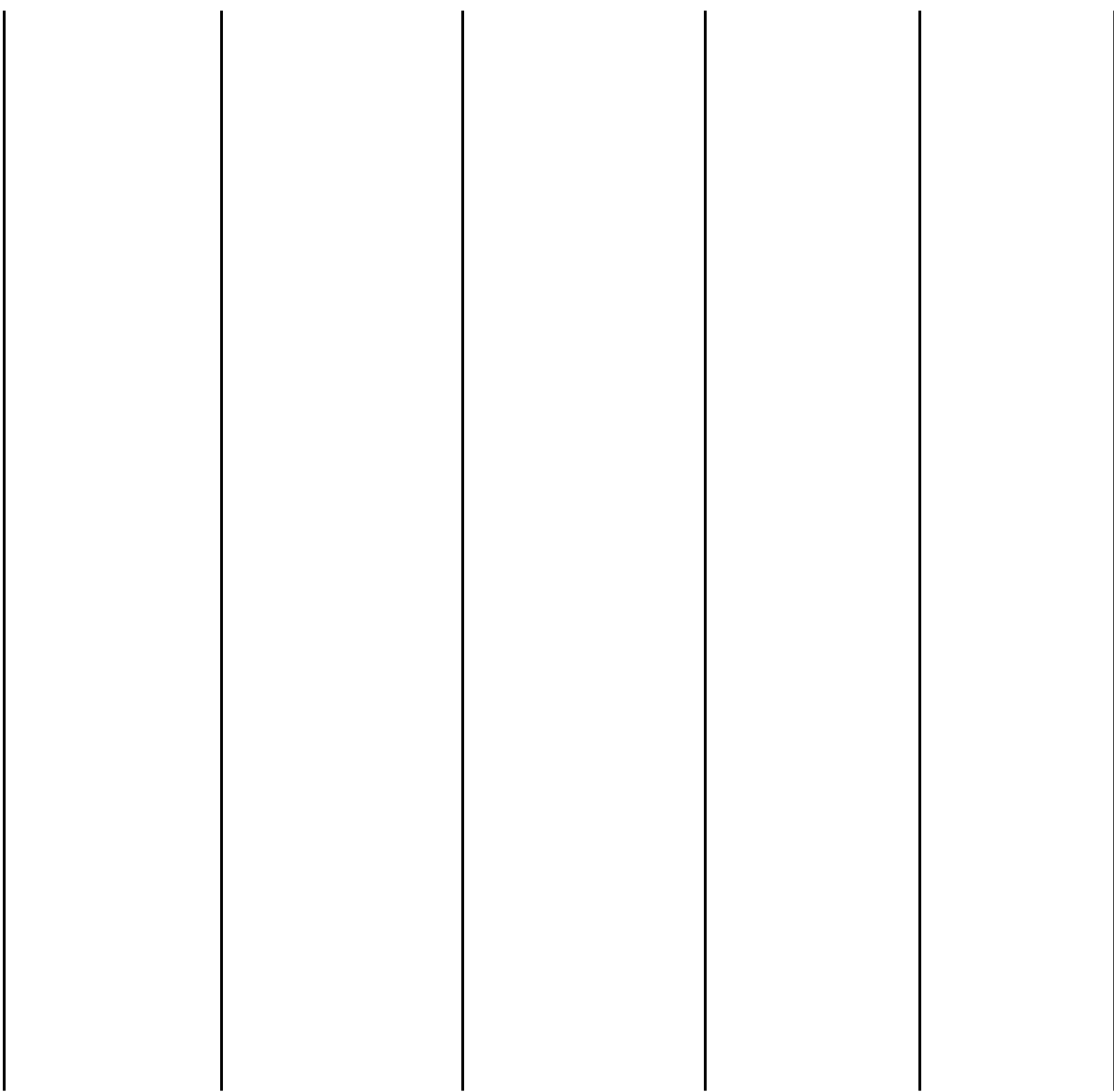


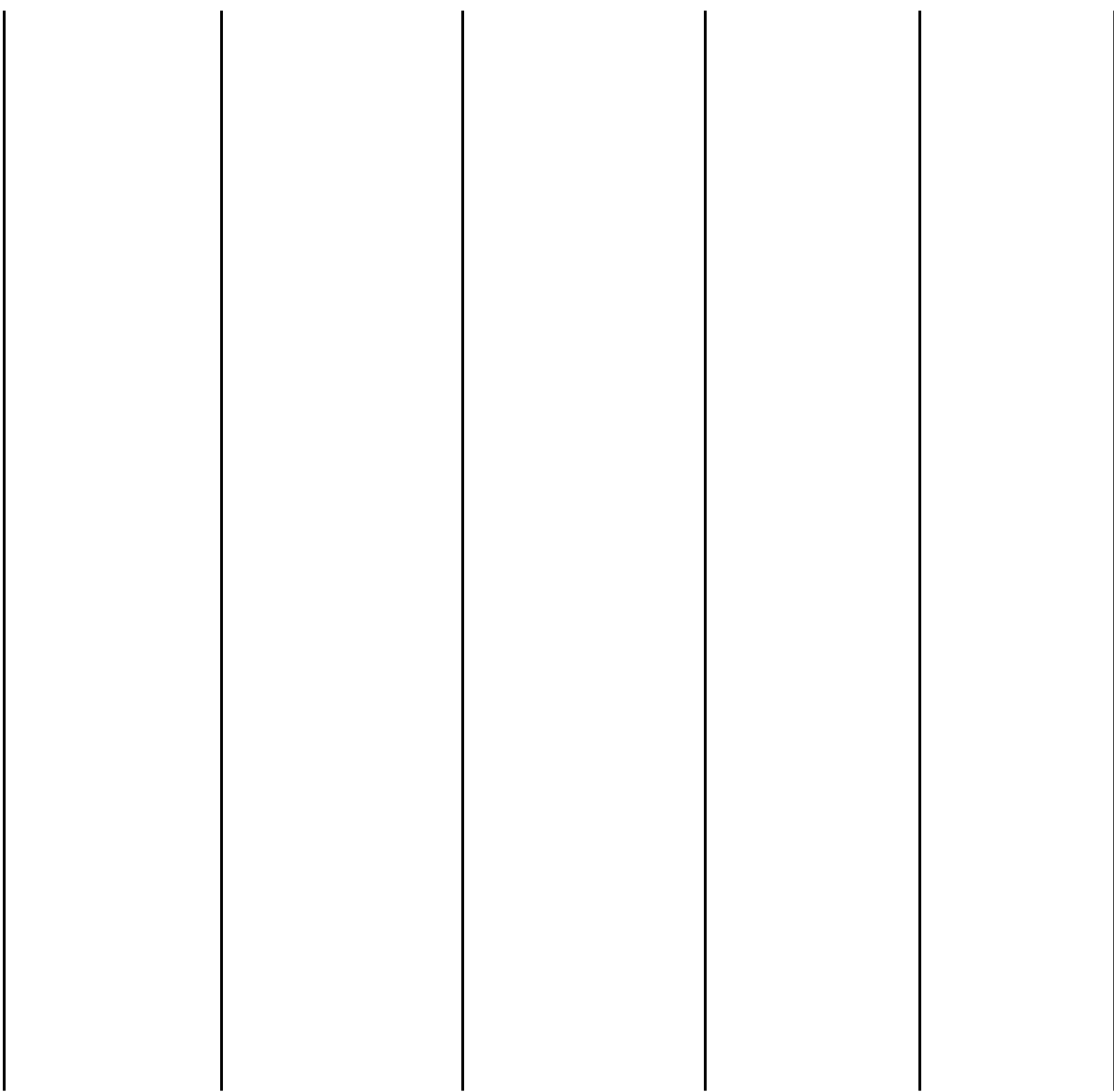


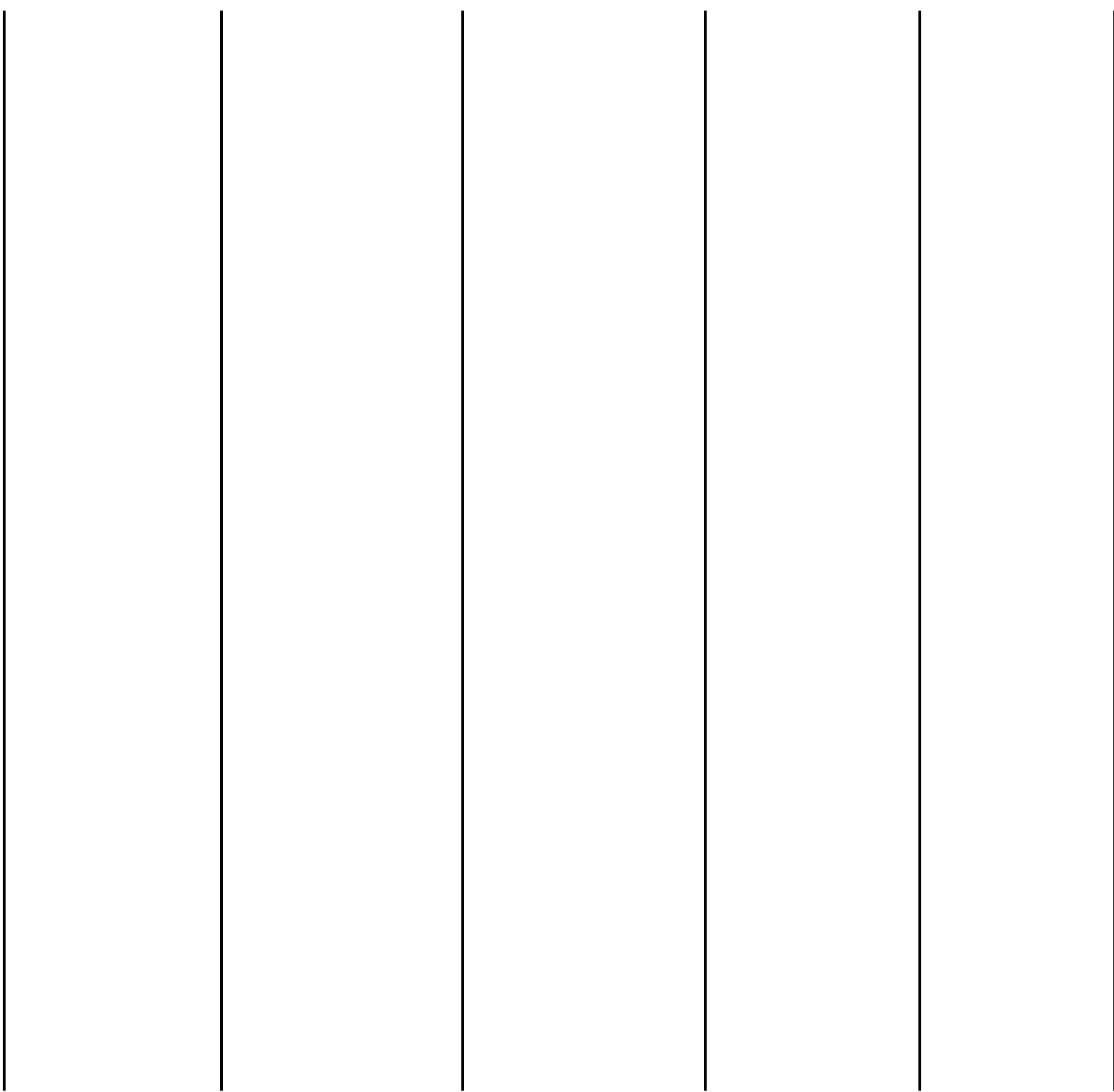


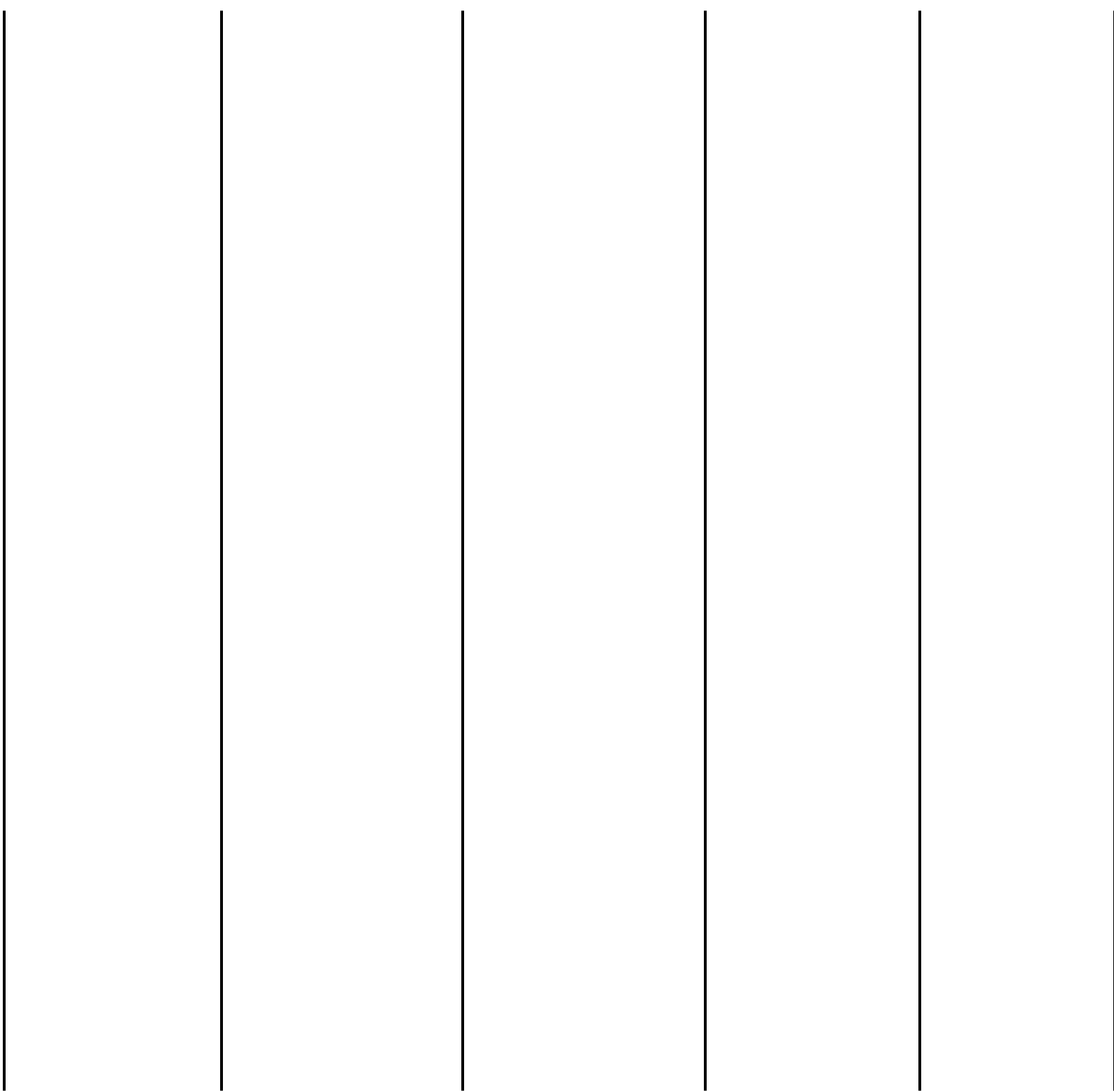


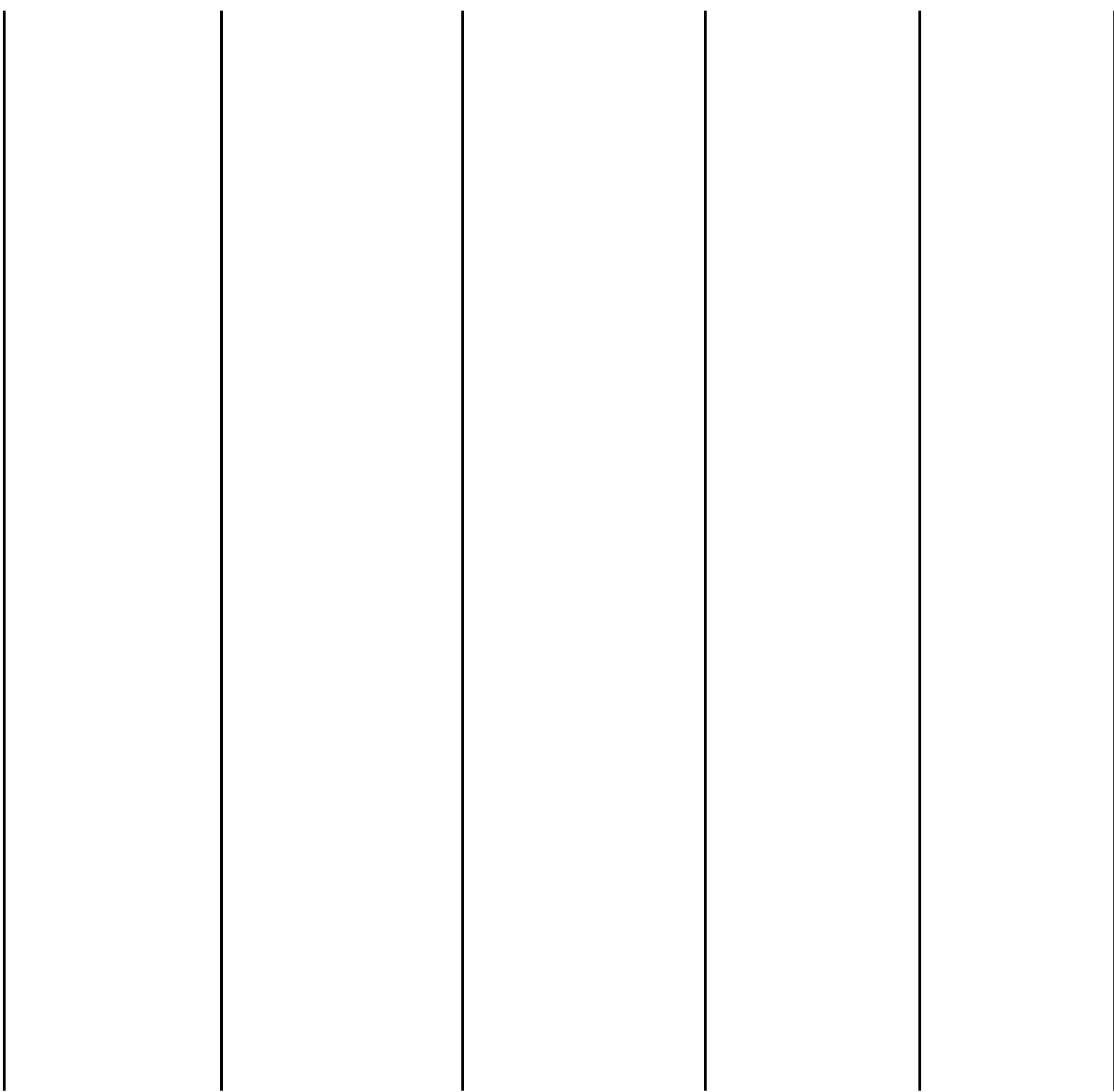


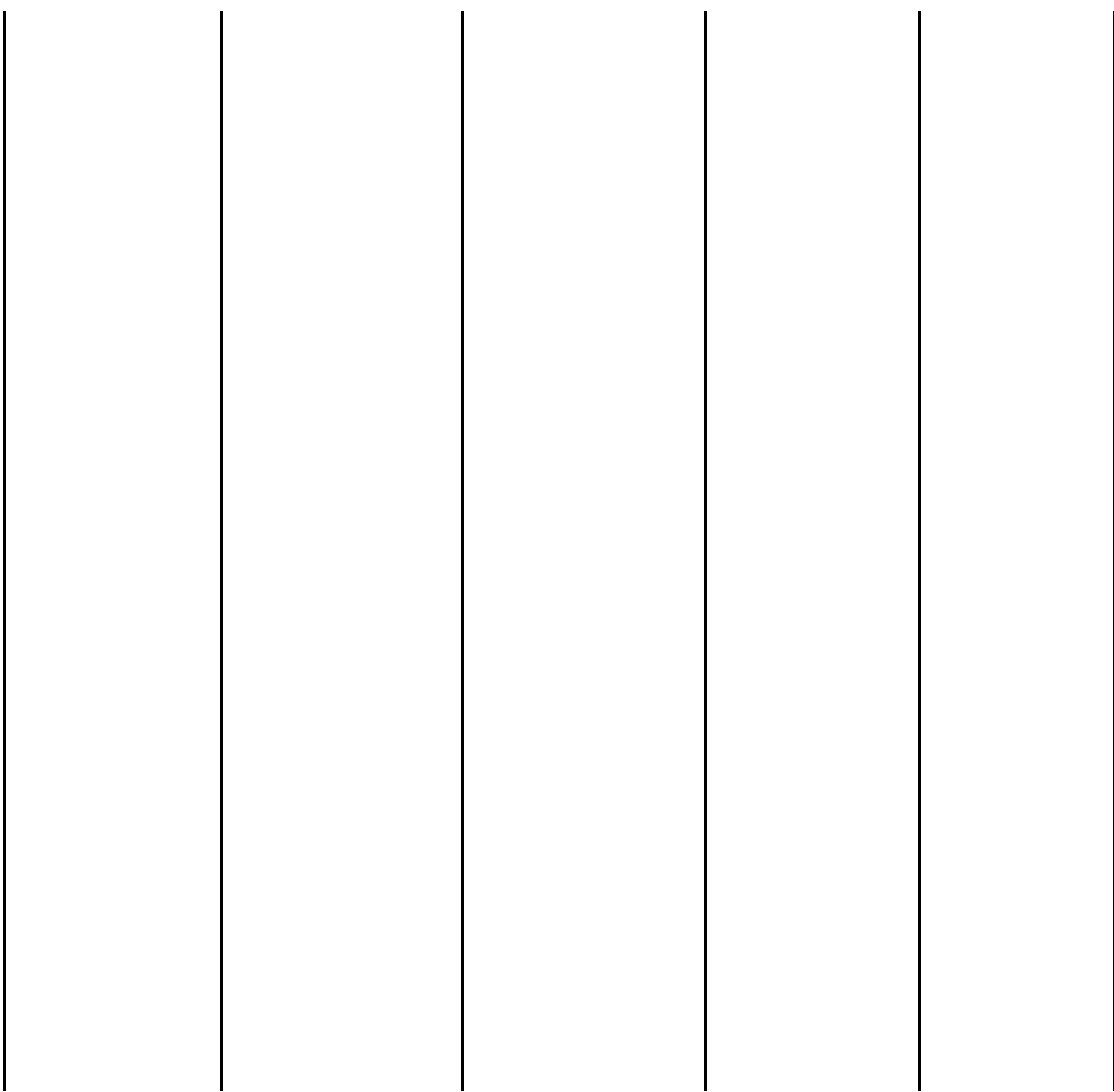


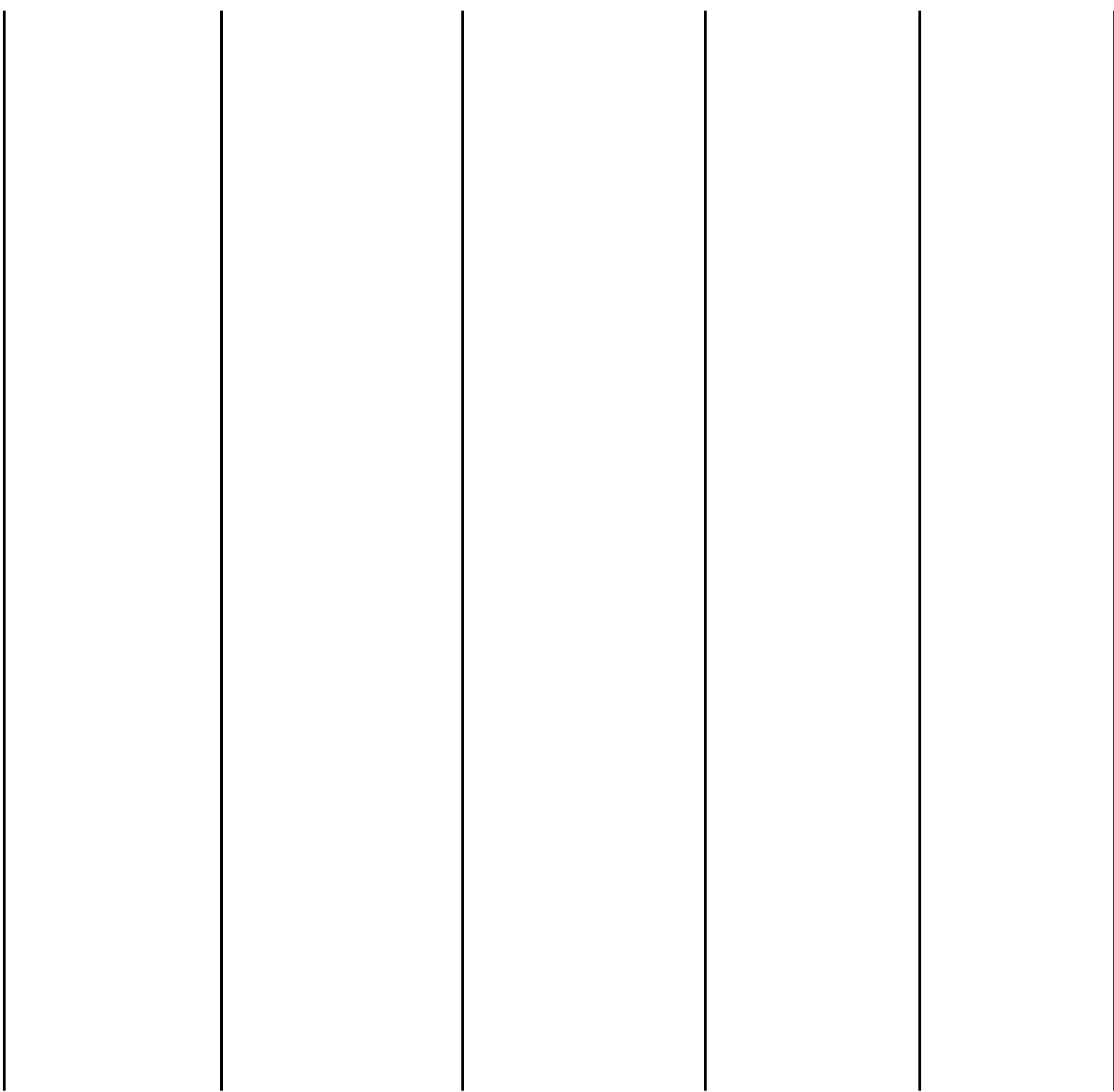


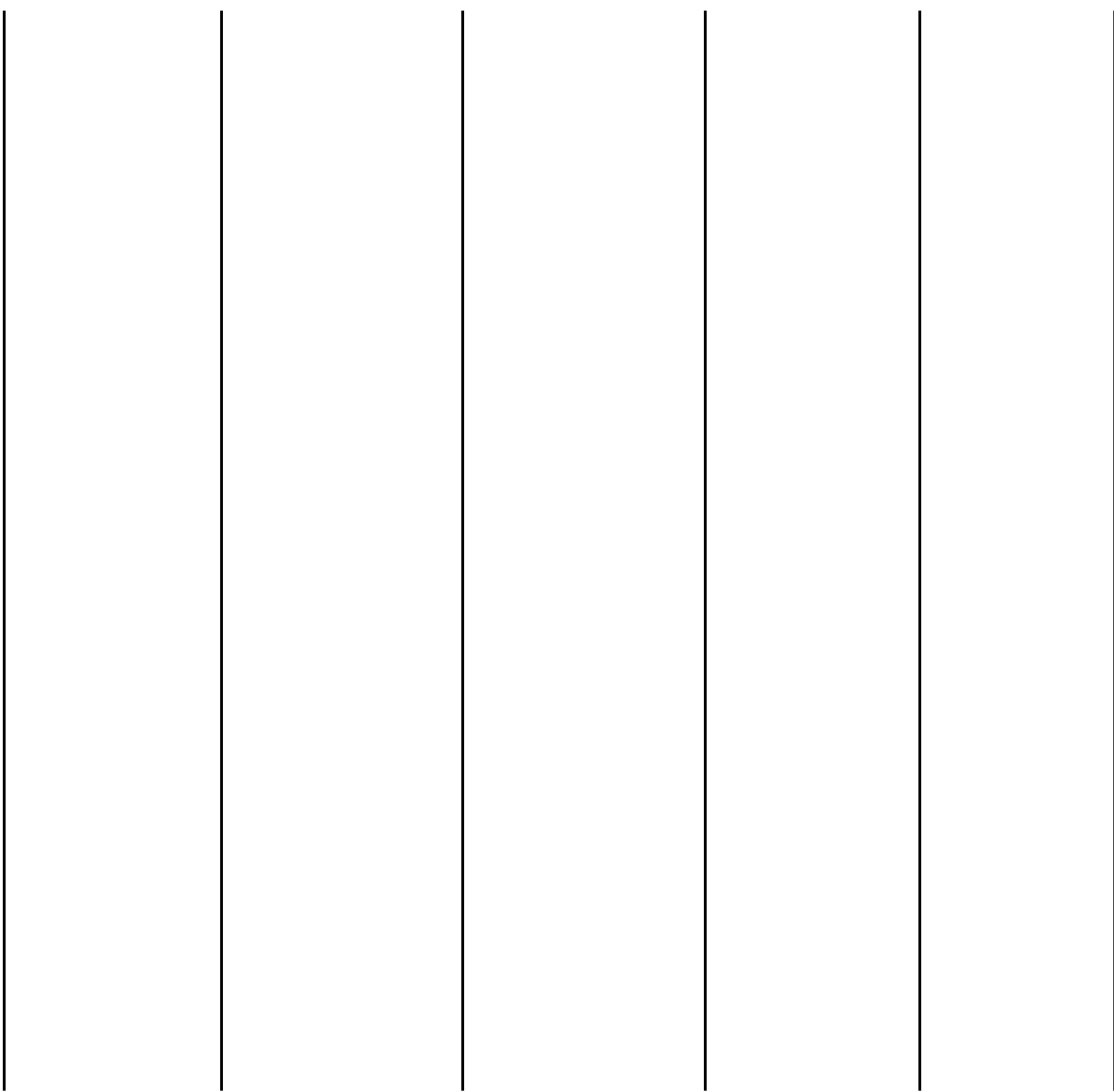


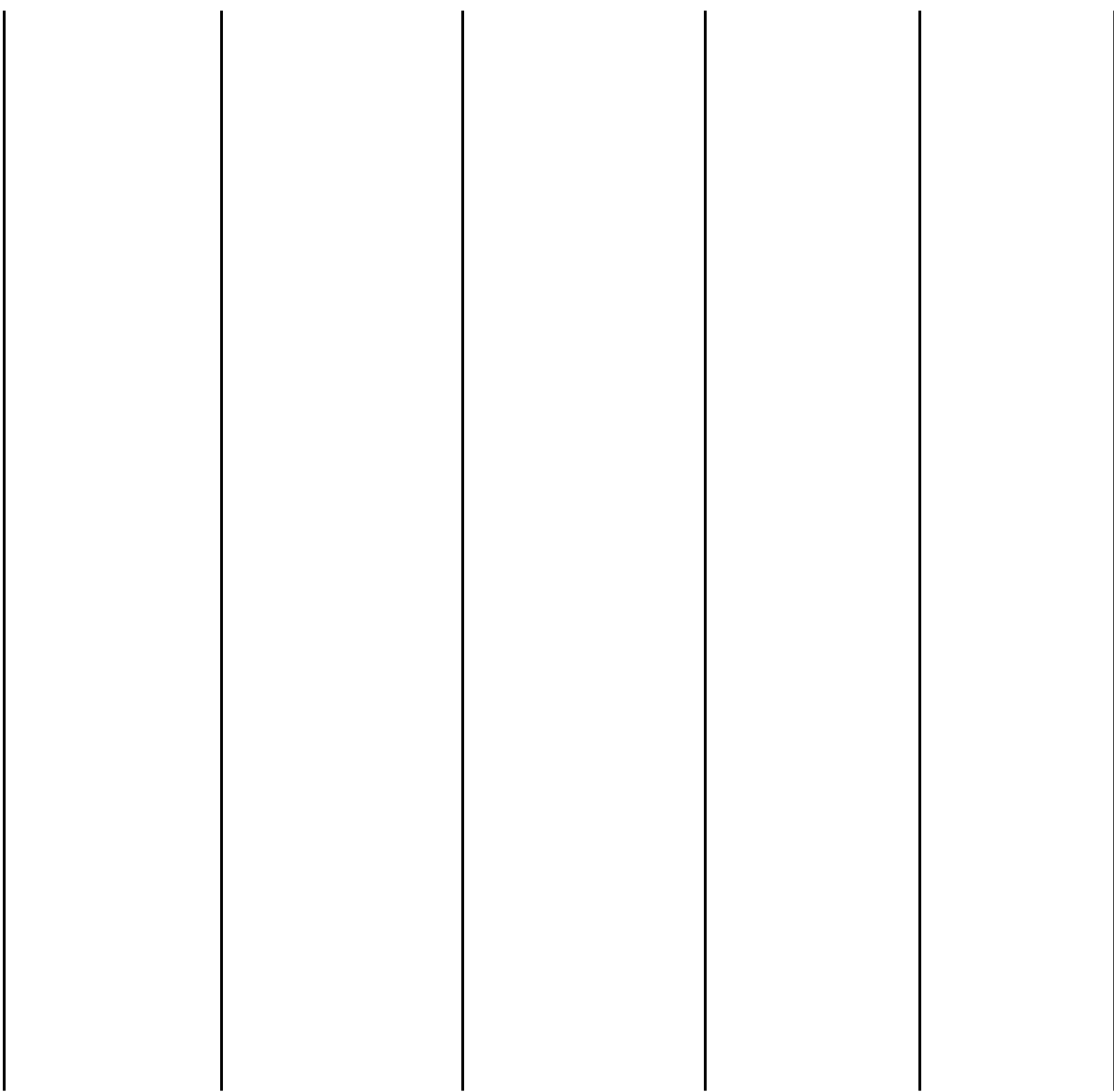


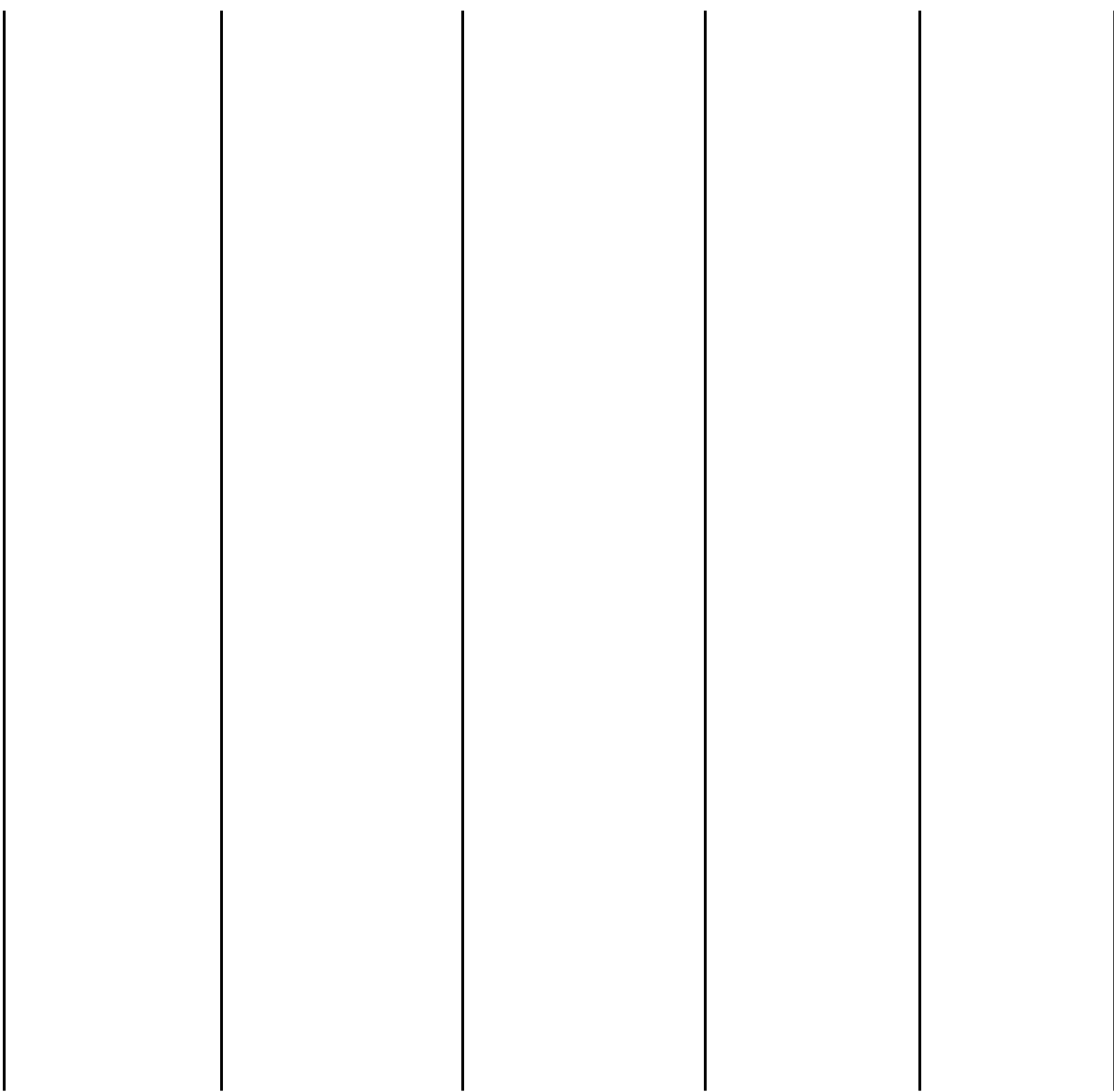


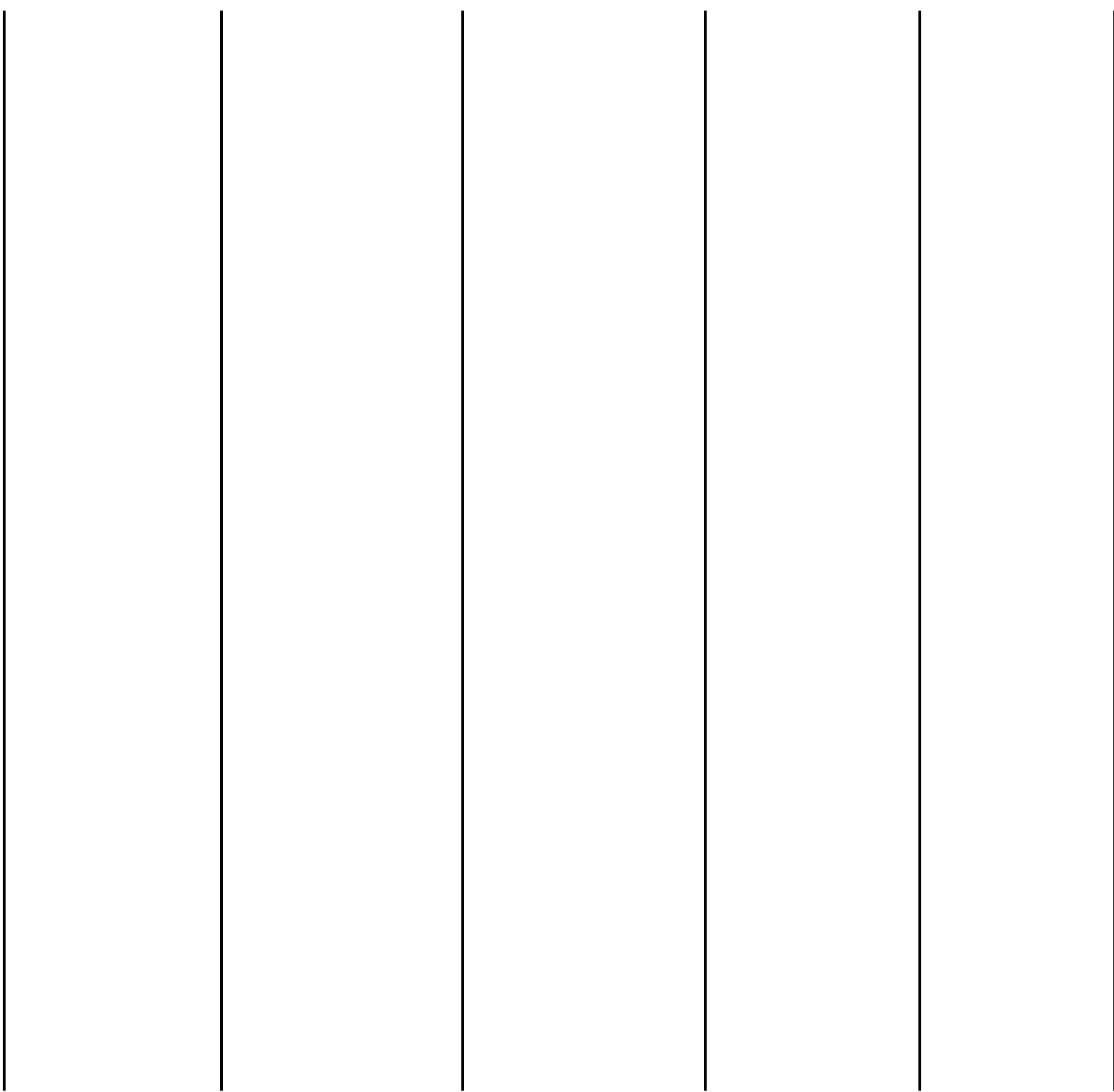


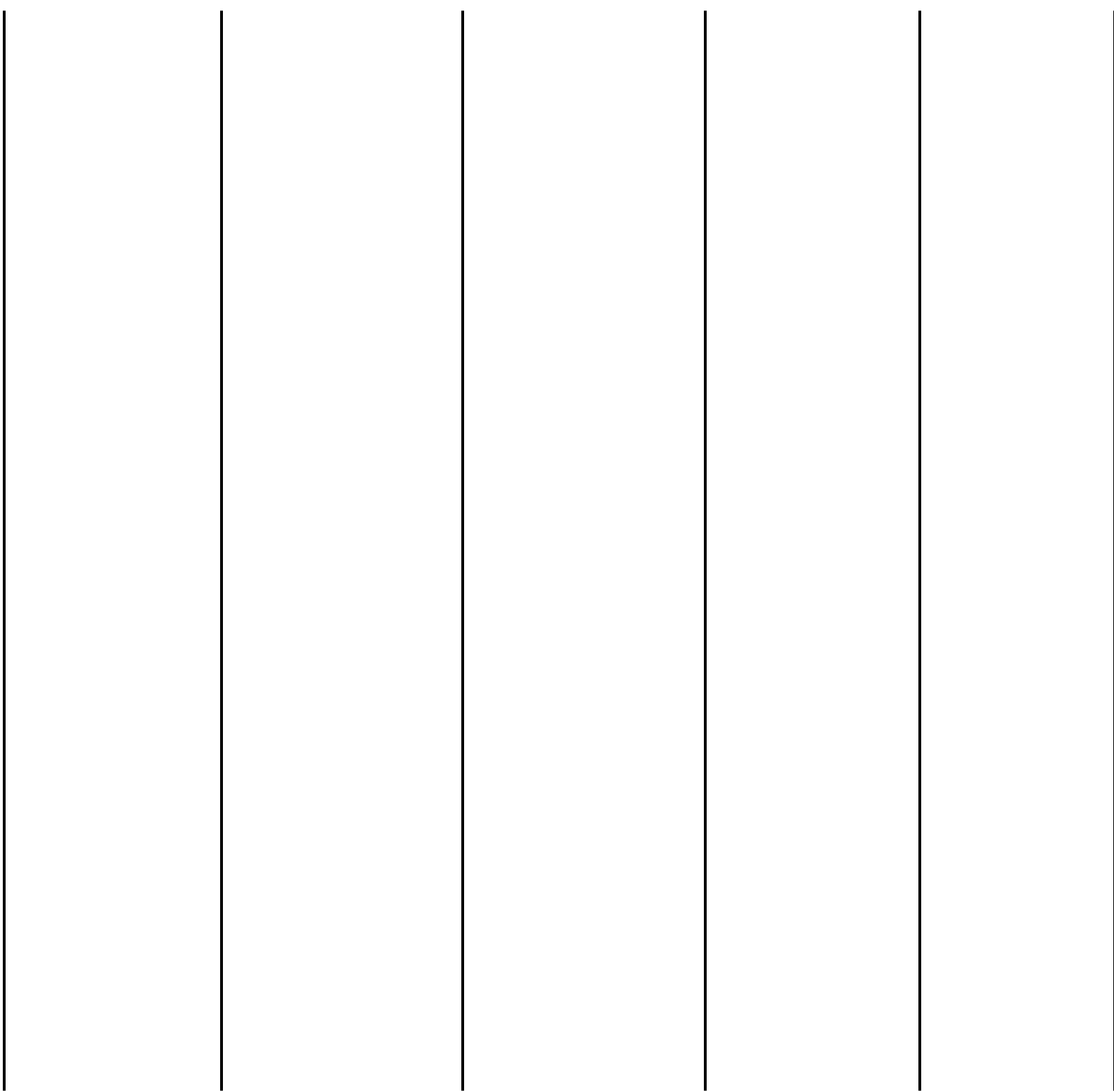












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