
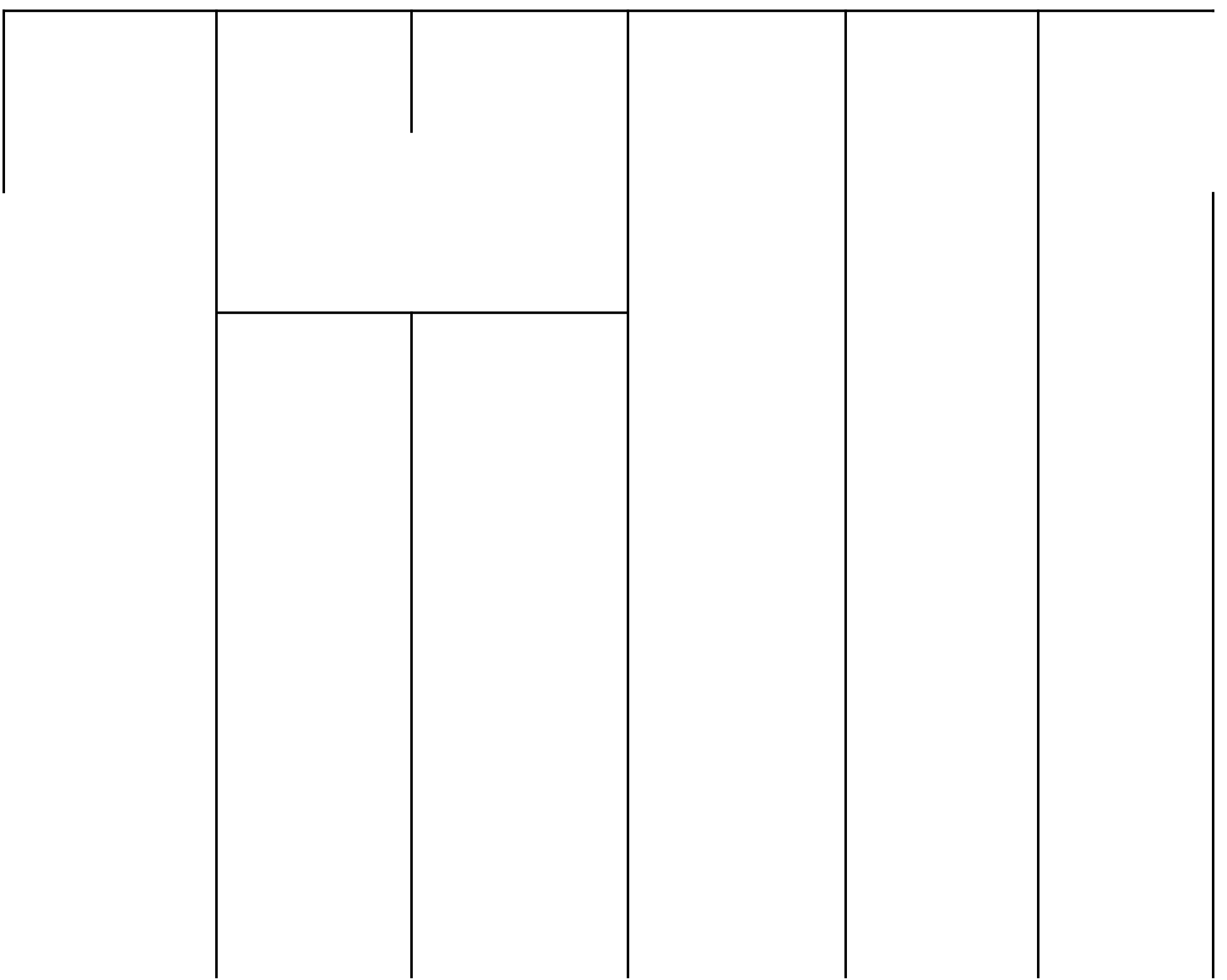
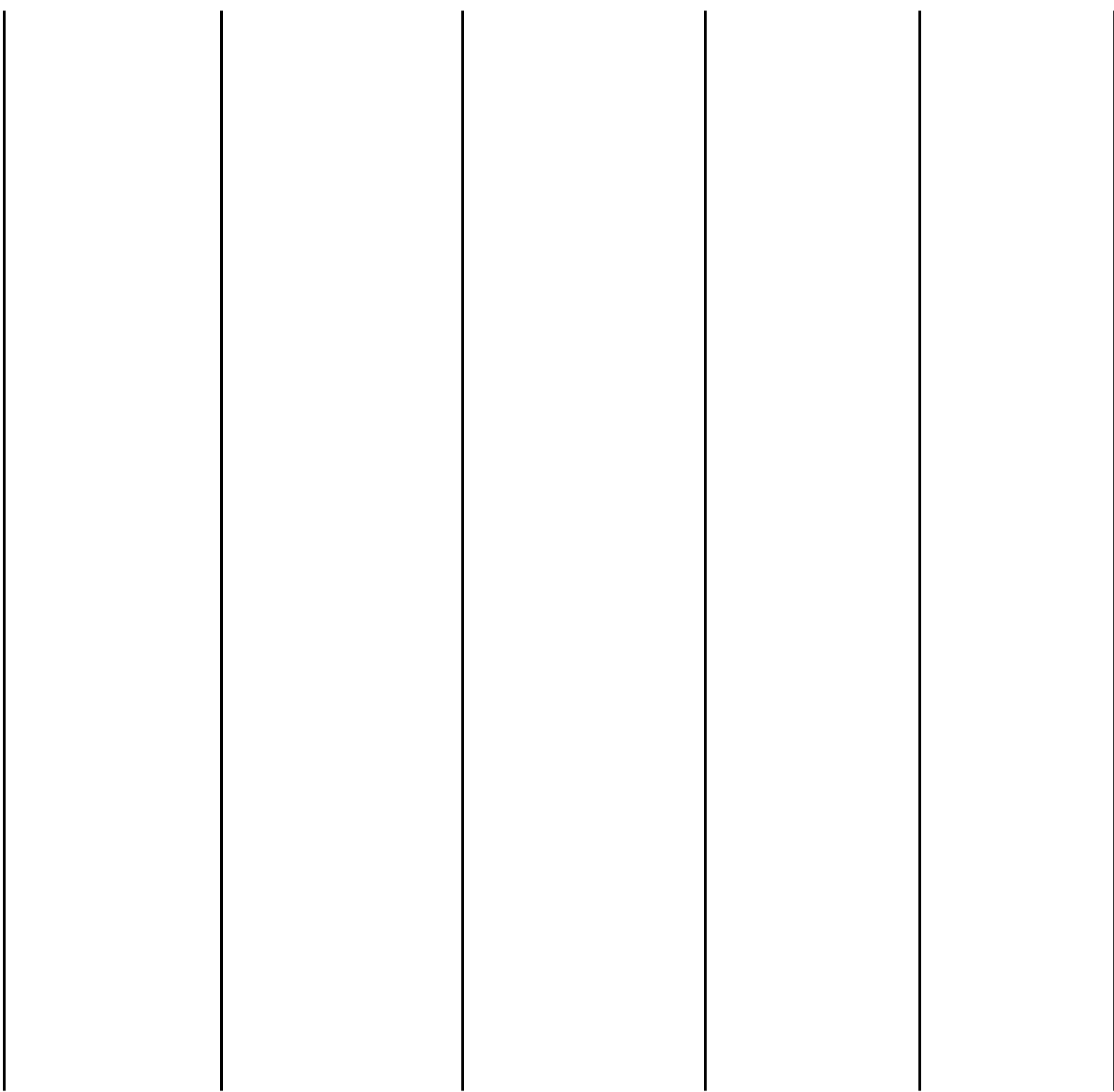
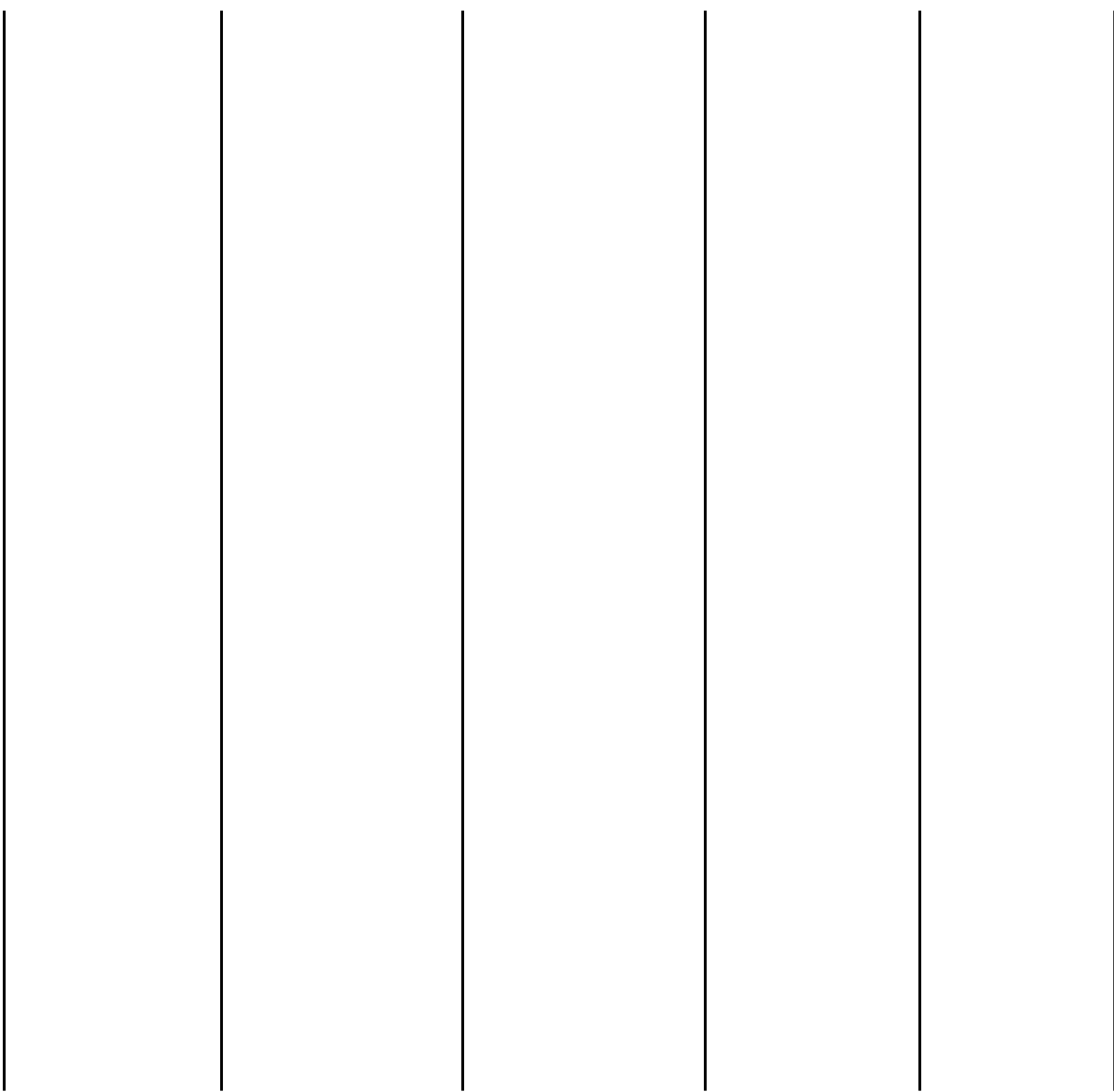
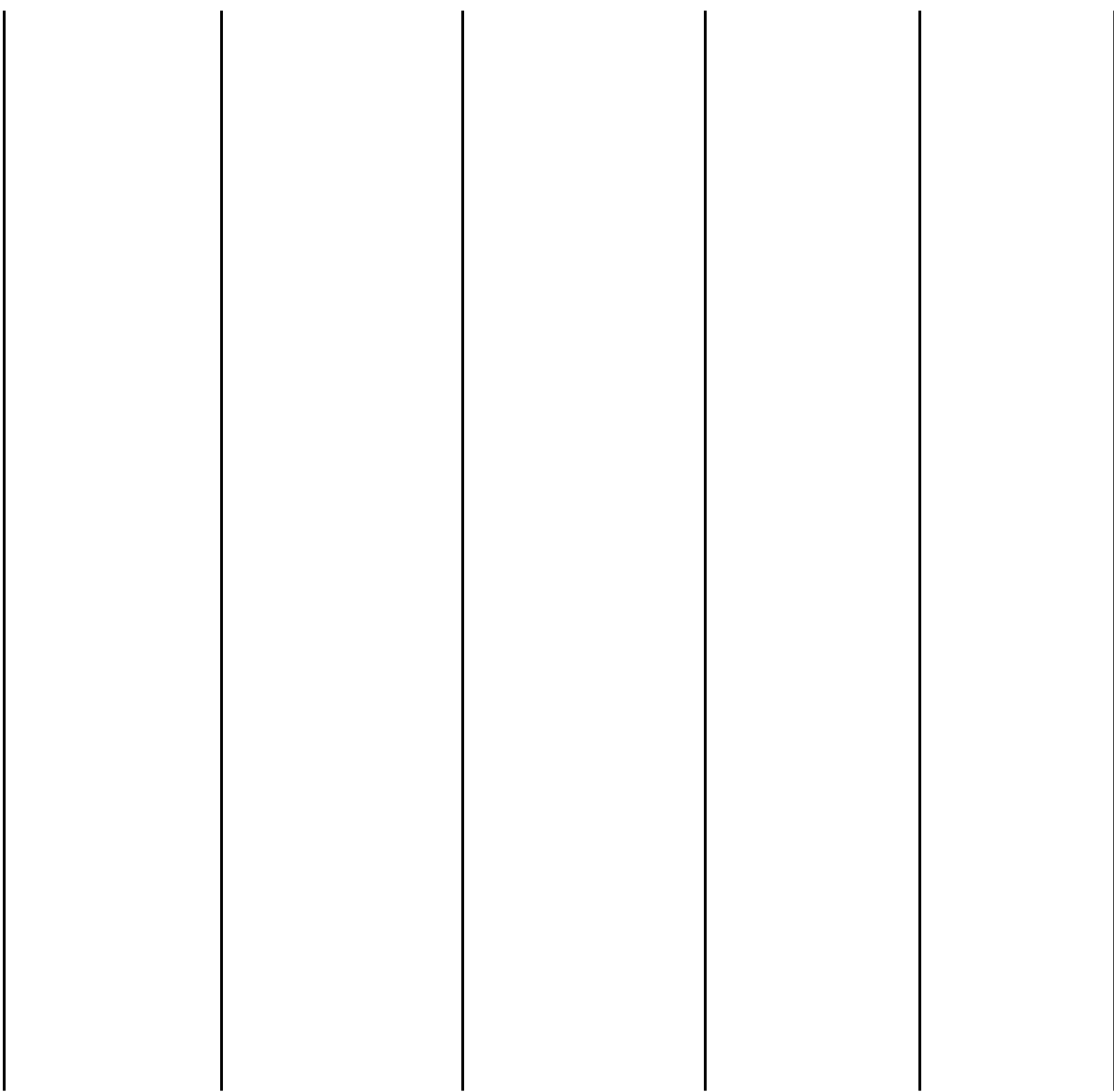


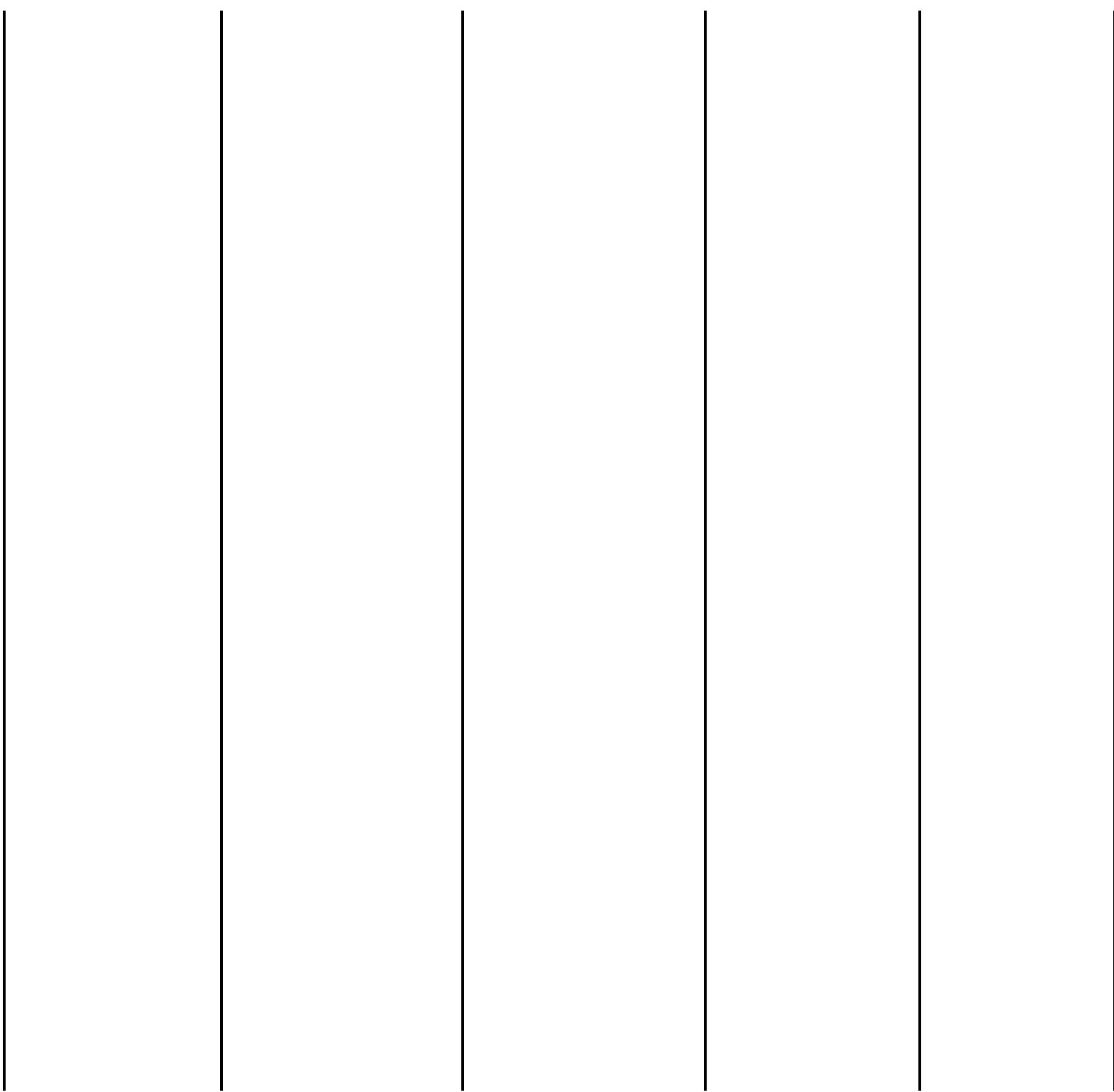
| Monday | TUESDAY 1 | WEDNESDAY 2 | Thursday 3 | FRIDAY 4 | Saturday 5 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Gym Hours Mon-Thurs: 5am-8pm Friday: 5am-7pm Saturday: 8am-4pm Sunday: CLOSED (337)984-2226 |  | 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 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 POWER PUMP-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP | 9:30AM BOOTYBALLET-TH |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 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-AD 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION-TC 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 BODYSCULPTIN-ST 4:30PM YOGA&STRETCH-TH 5:30PM SPIN-MC 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 ZUMBA-BC |
| 14 | 15 | 16 | 17 | 18 | 19 |
| 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-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 TONING-BT | 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 STRONG-BC |
| 21 | 22 | 23 | 24 | 25 | 26 |
| 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 POUND-ST |
| 28 | 29 | 30 | 31 | JANUARY 2019 Nursery Hours: Mon-Fri 8:30am-11:30am Mon-Thurs 4:30pm-7:30pm Sat 9:00am-11:00am www.physiquesfitness.com | |
| 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-TC | 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 | | |

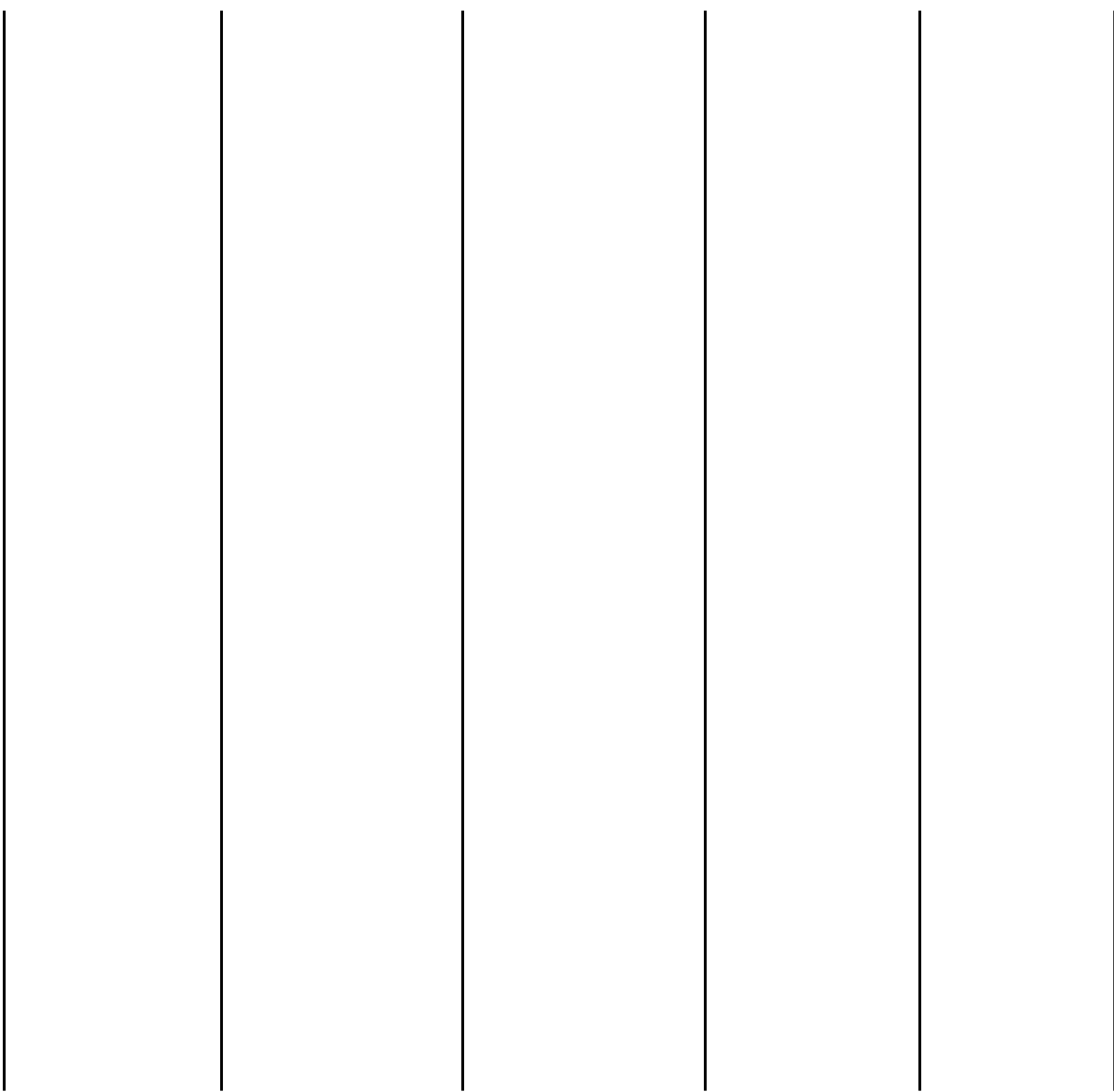


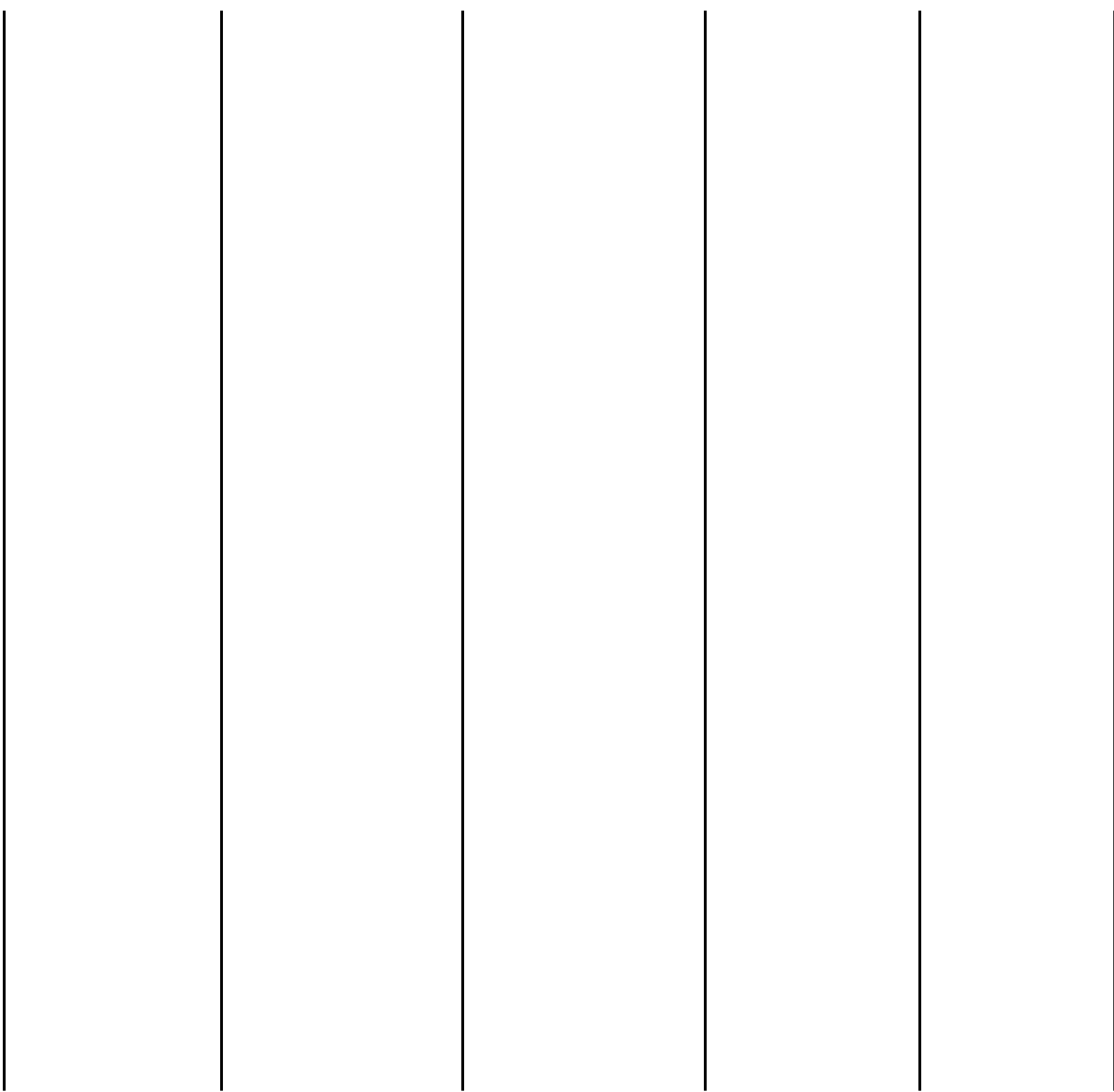


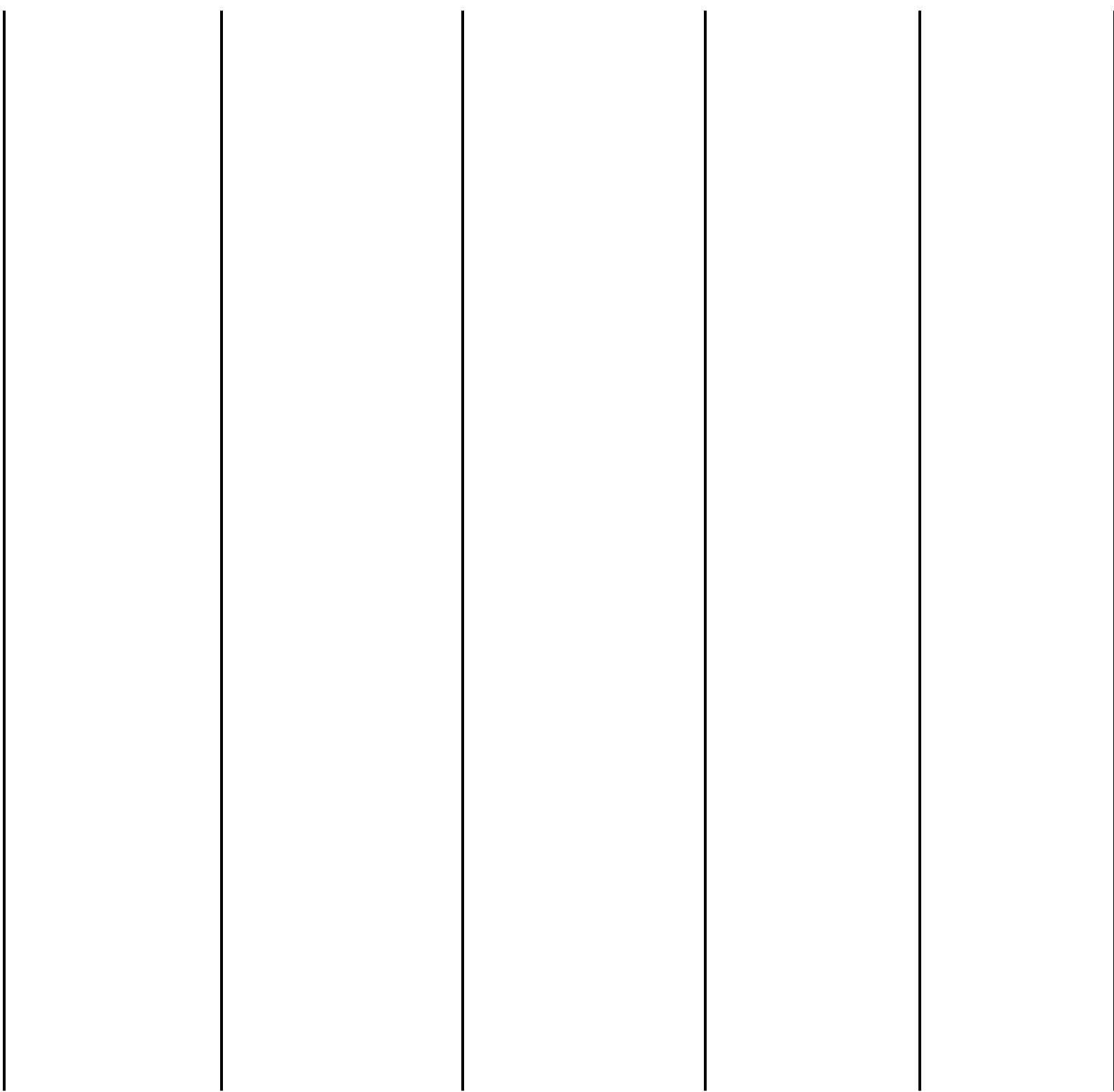


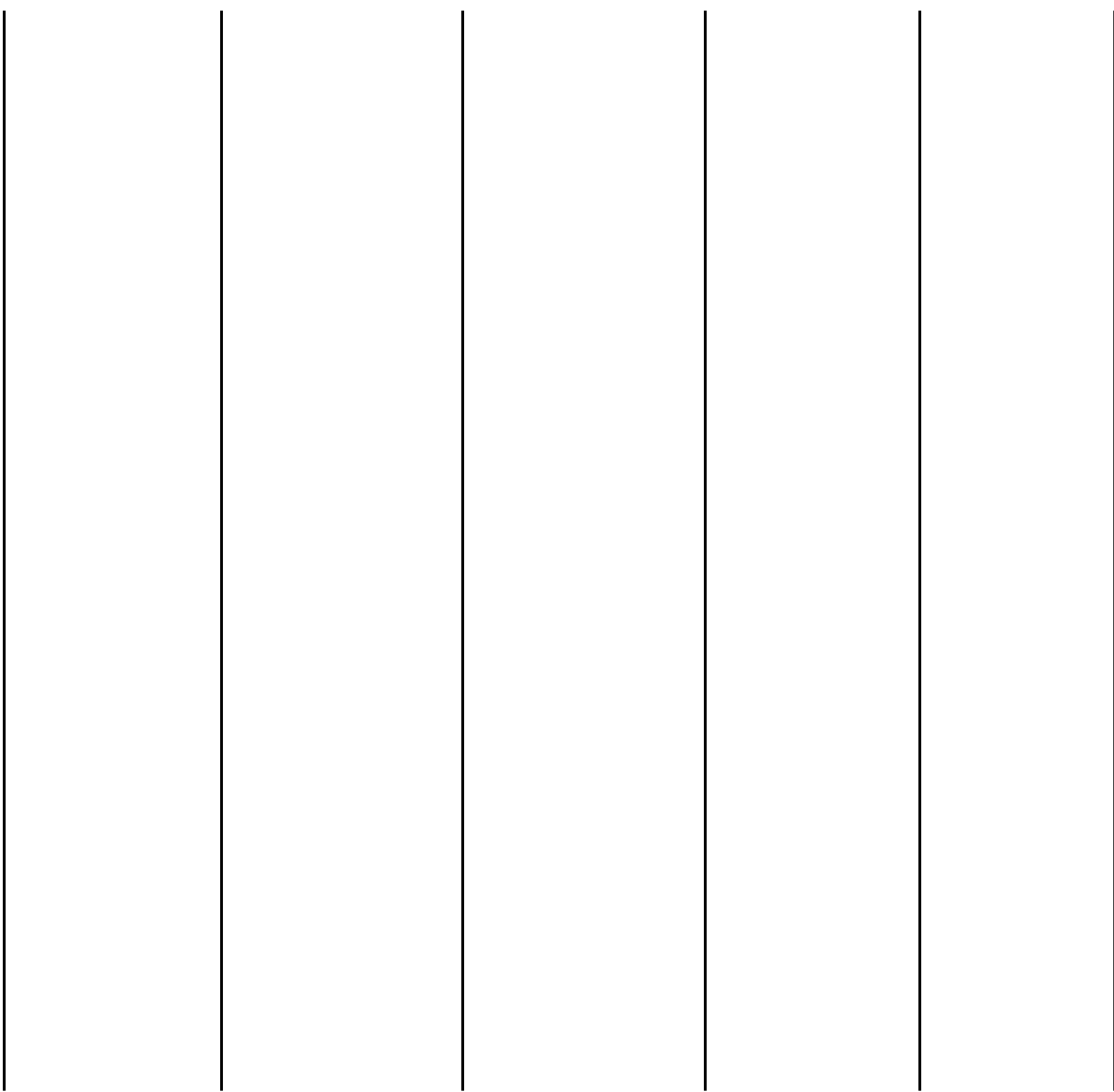


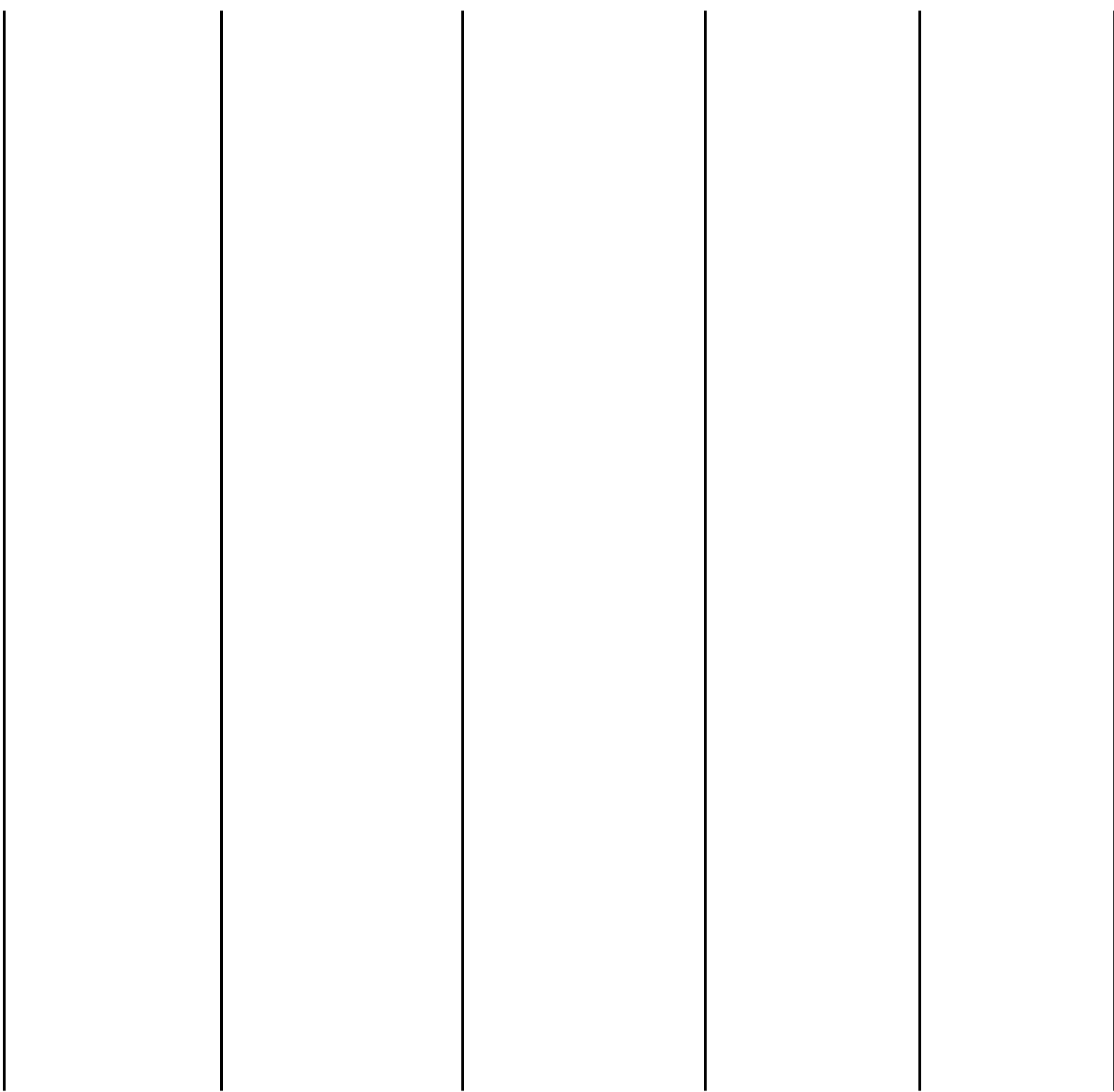


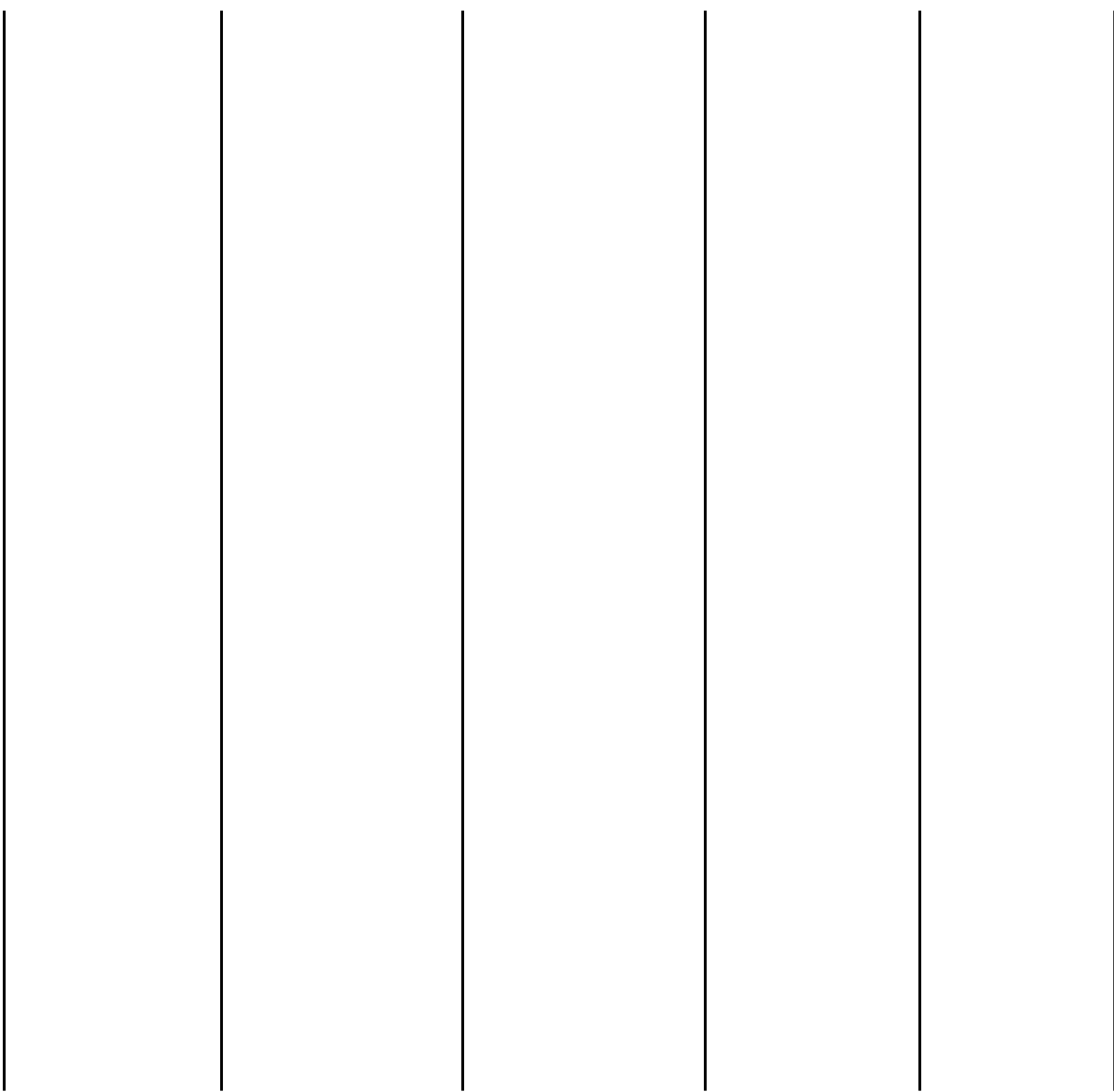


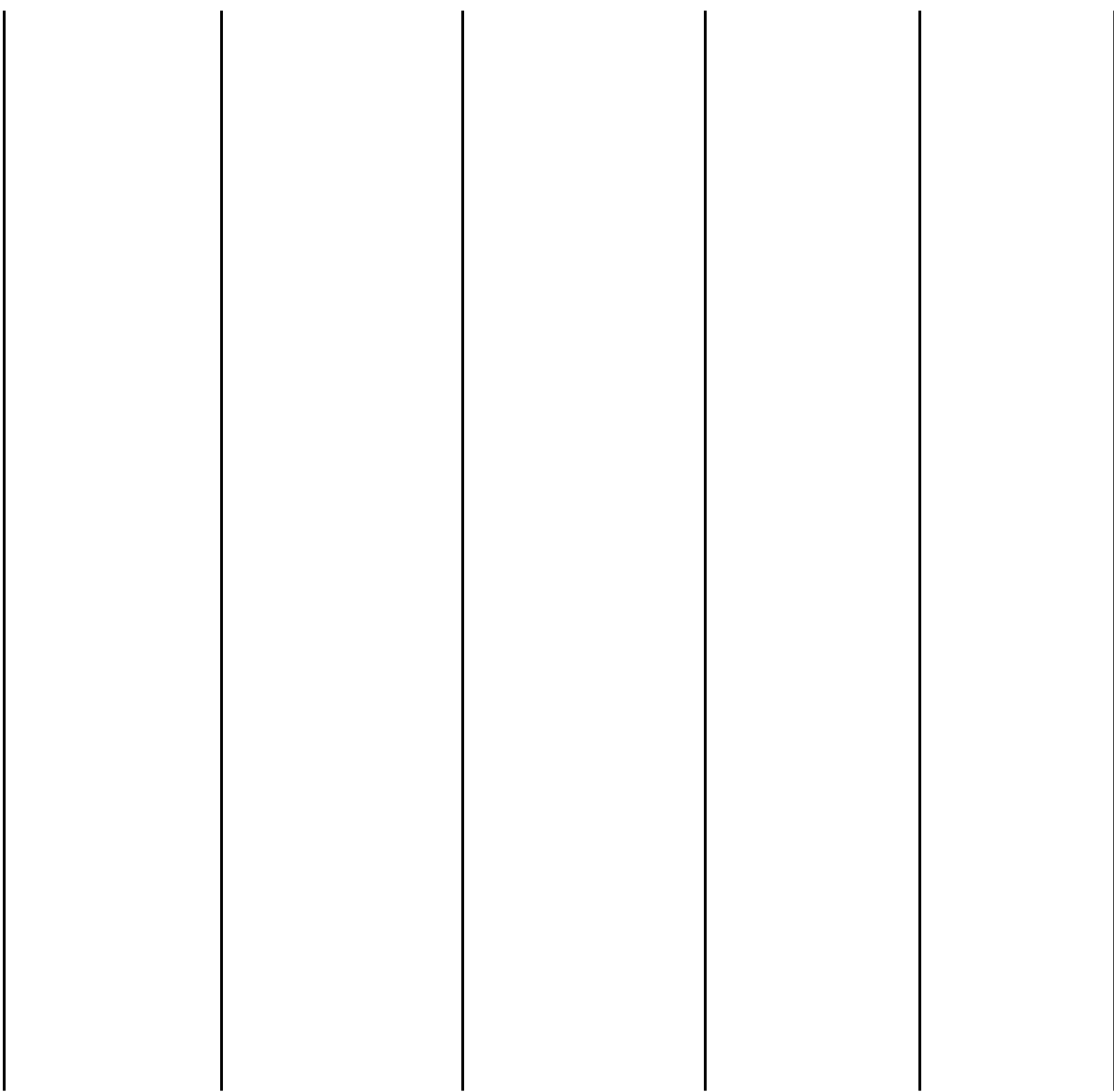


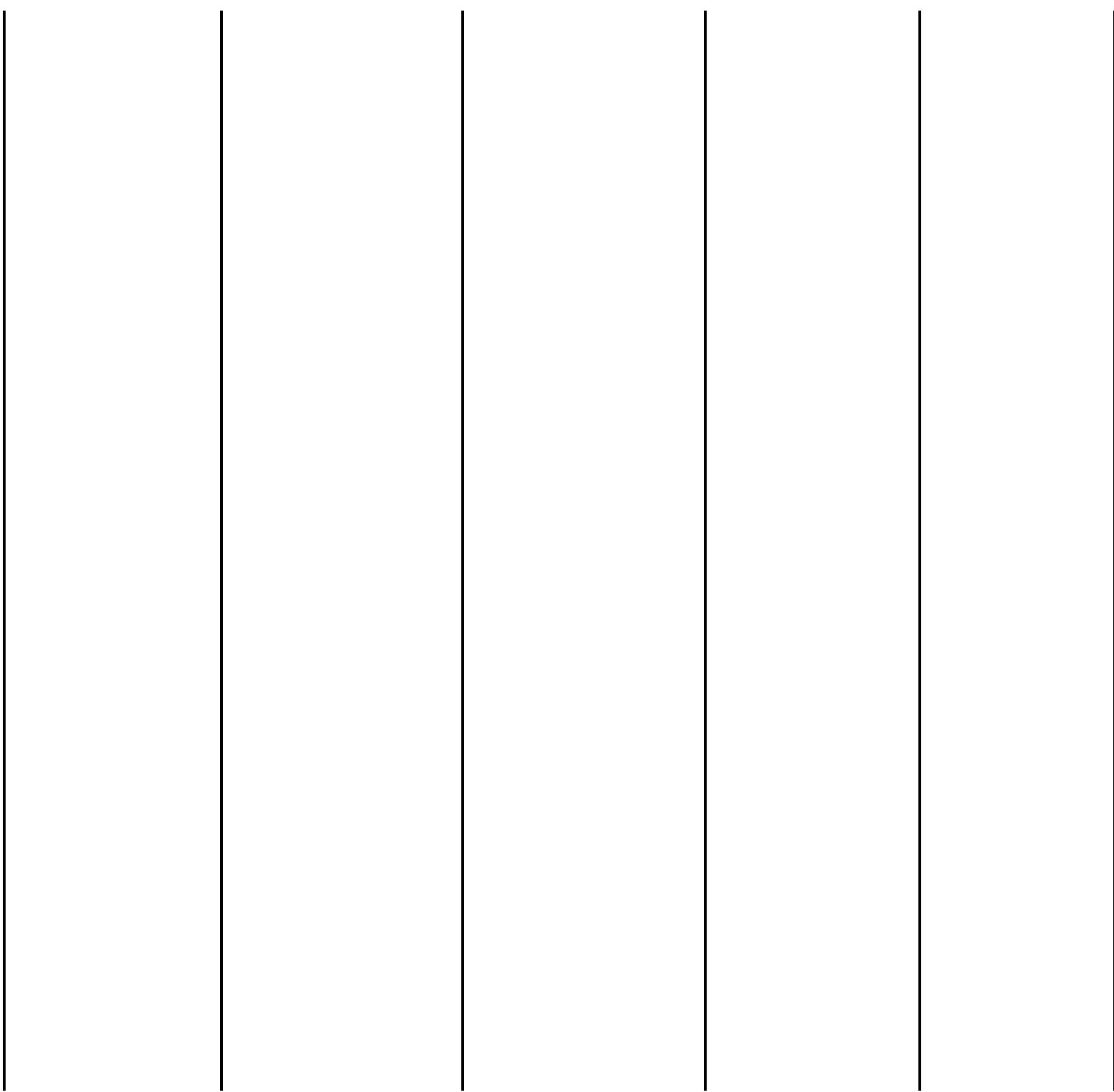


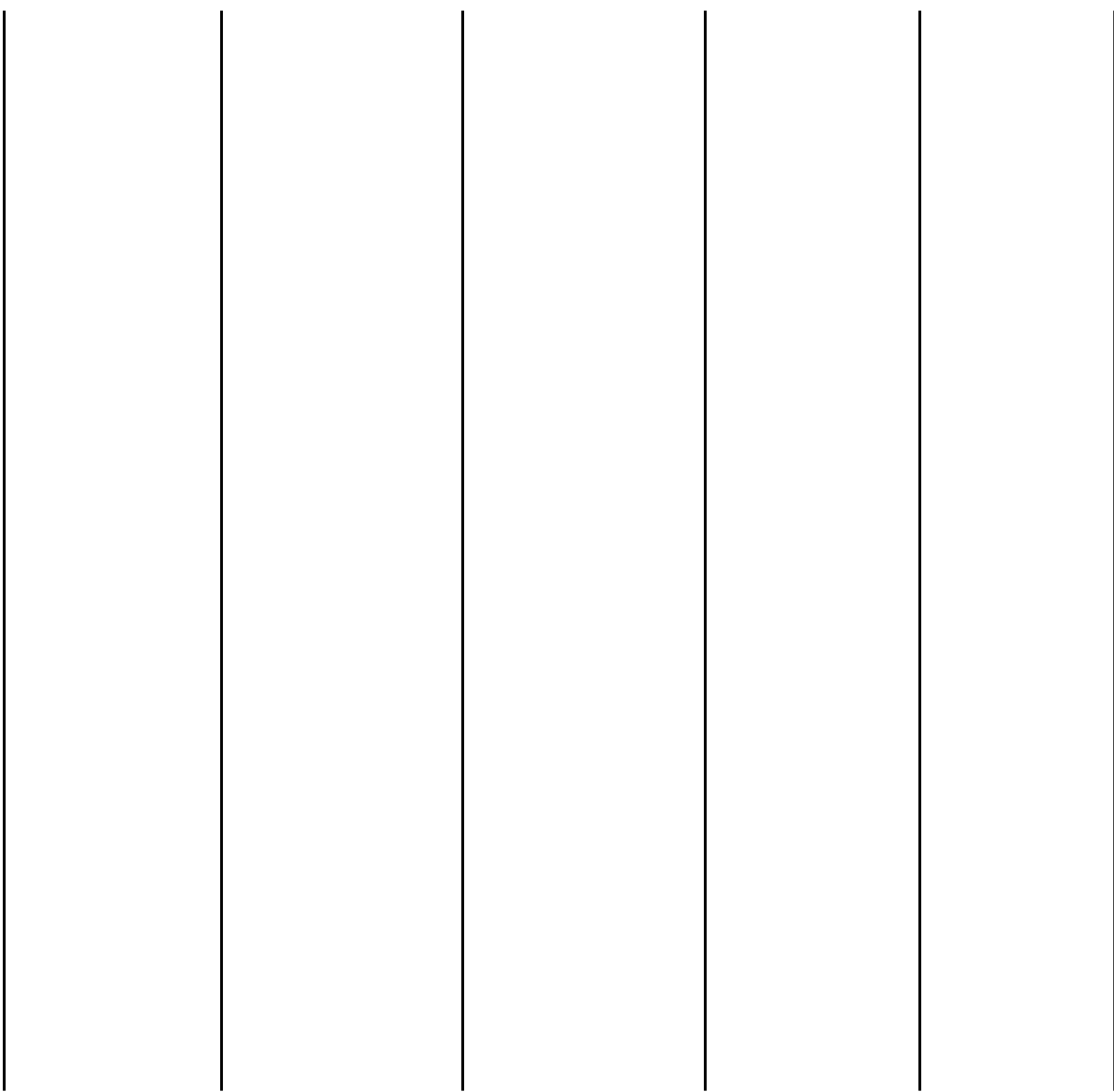


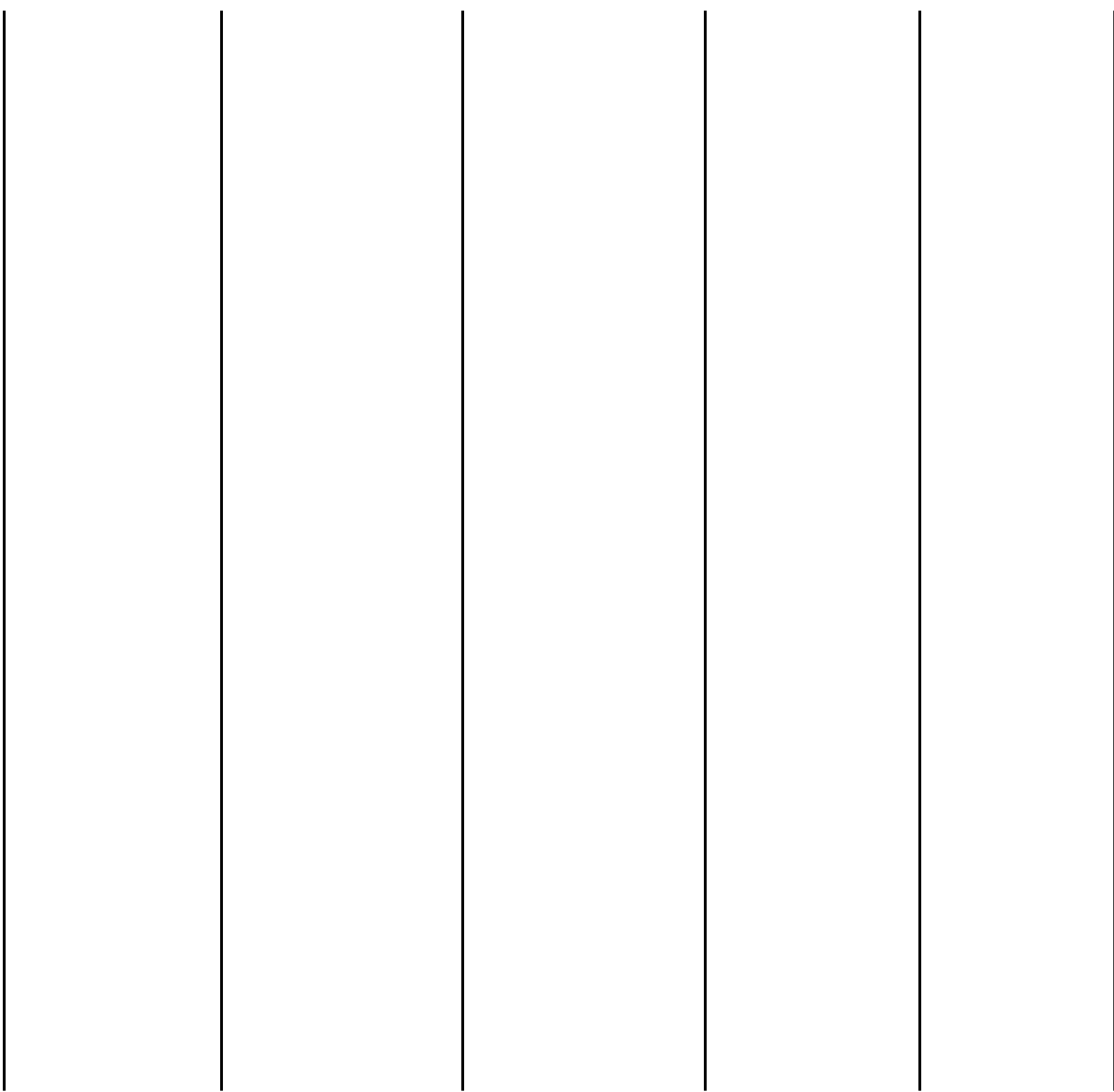


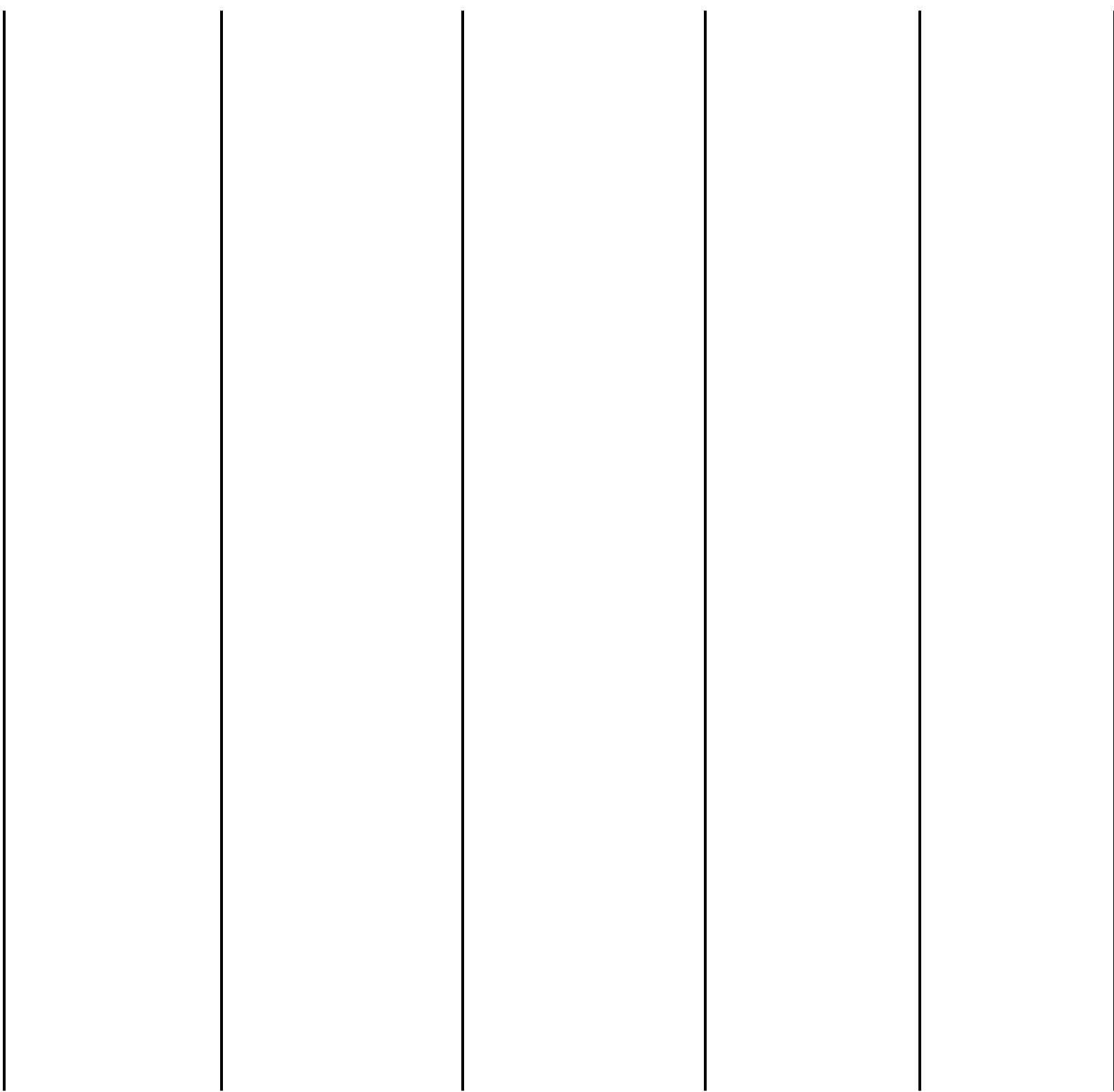


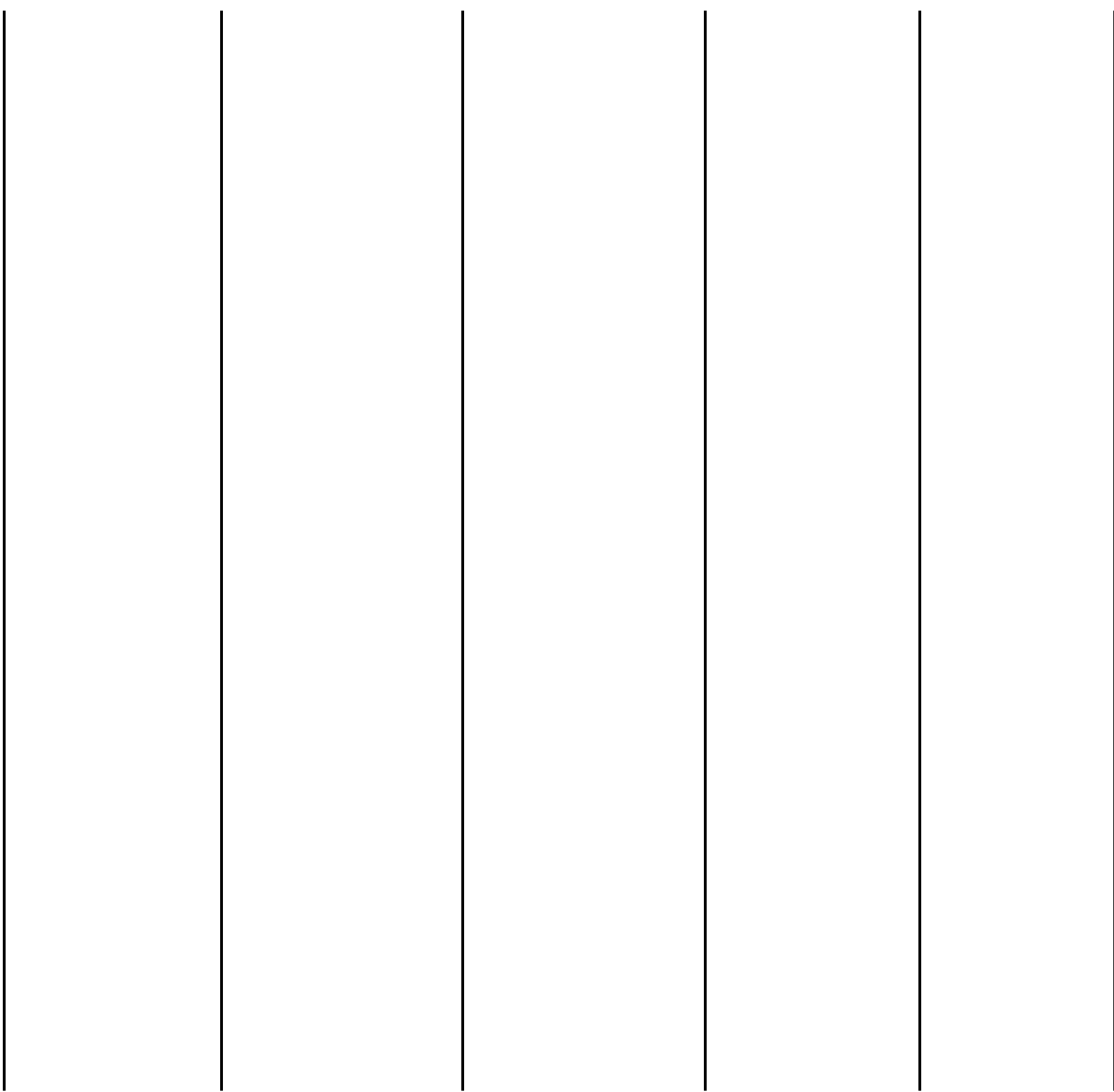


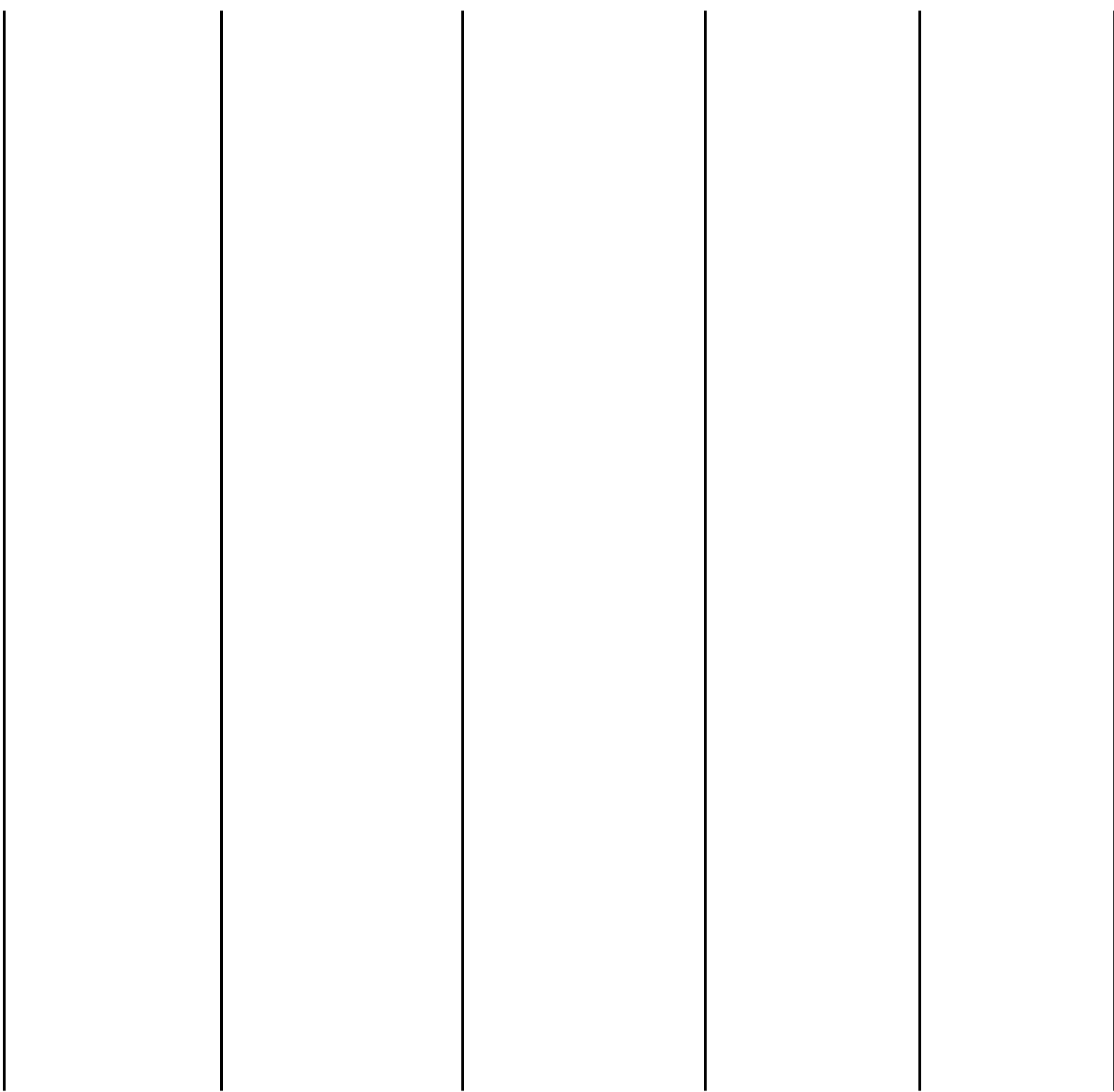


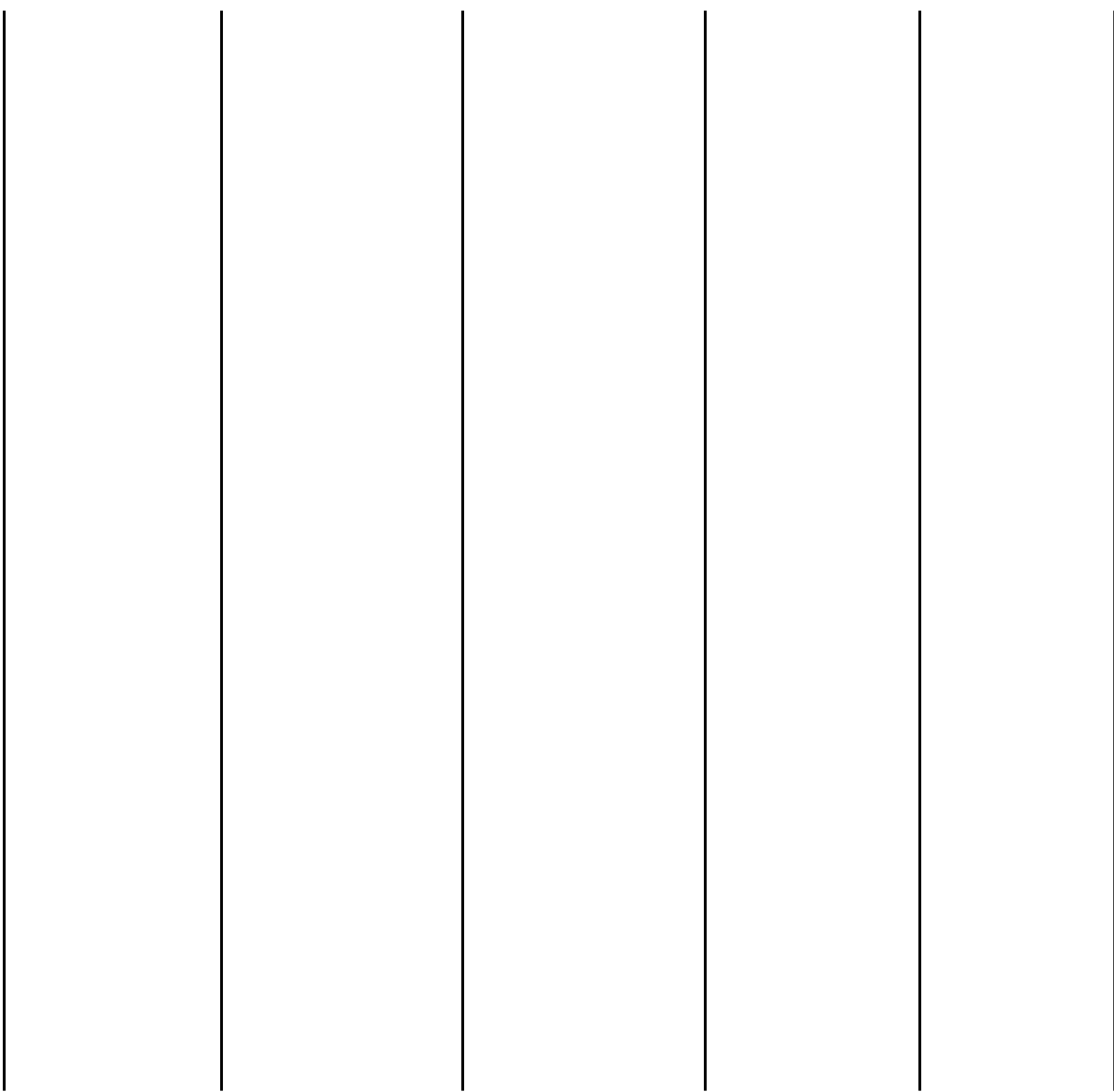












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