

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

June
2019

Physiques Elite



Book your next visit on
our MINDBODY app

www.physiquesfitness.com

(337) 984-2226

8:15am- Pilates Reformers
9:30am- MX4

3	4	5	6	7	8
5:00am- MX4- Alison 6:00am-MX4- Lauren 7:00am-Purpose Pilates-Christi 8:00am-MX4- Amanda 9:00am-MX4- Courtney 10:00am- Cardio/Tone- Sheila 5:30pm- MX4- Khristie 6:30pm- Cycle/Sculpt- Michelle	5:00am- MX4- Lauren 7:30am- Pilates Reformer 50/50 8:30am-MX4- Khristie 9:30am- MX4- Katie 4:30pm- MX4- Amanda 5:30pm- Funkie/Tone- Tamara 6:30pm- MX4- Tamara	5:00am- MX4- Alison 6:00am-MX4- Lauren 7:00am-Purpose Pilates-Christi 8:00am-MX4- Amanda 9:00am-MX4- Courtney 9:00am- Cycle- Khristie 5:30pm- MX4- Khristie	5:00am- MX4- Lauren 7:30am- Pilates Reformer 50/50 8:30am-MX4- Khristie 9:30am- MX4- Katie 4:30pm- MX4- Amanda 5:30pm- Toning- Tamara	5:00am- MX4- Alison 6:00am-MX4- Lauren 7:00am- Funkie/Tone- Christi 8:00am-MX4- Amanda 9:00am-MX4- Khristie 10:00am- BC Explosion- Sheila	8:15am- Pilates Reformers 9:30am- MX4
10	11	12	13	14	15
5:00am- MX4- Alison 6:00am- MX4- Lauren 7:00am-Purpose Pilates-Christi 8:00am-MX4- Amanda 9:00am-MX4- Courtney 10:00am- Cardio/Tone- Sheila 5:30pm- MX4- Khristie 6:30pm- Cycle/Sculpt- Tara	5:00am- MX4- Lauren 7:30am- Pilates Reformer 50/50 8:30am-MX4- Khristie 9:30am- MX4- Katie 4:30pm- MX4- Amanda 5:30pm- Funkie- Tamara 6:30pm- MX4- Tamara	5:00am- MX4- Alison 6:00am- MX4- Lauren 7:00am-Purpose Pilates-Christi 8:00am-MX4- Amanda 9:00am-MX4- Courtney 9:00am- Cycle- Michelle 5:30pm- MX4- Khristie	5:00am- MX4- Lauren 7:30am- Pilates Reformer 50/50 8:30am-MX4- Khristie 9:30am- MX4- Katie 4:30pm- MX4- Amanda 5:30pm- Toning- Tamara	5:00am- MX4- Alison 6:00am- MX4- Lauren 7:00am- Funkie/Tone- Christi 8:00am-MX4- Amanda 9:00am-MX4- Khristie 10:00am- BC Explosion- Sheila	8:15am- Pilates Reformers 9:30am- MX4
17	18	19	20	21	22
5:00am- MX4- Alison 6:00am-MX4- Lauren 7:00am-Purpose Pilates-Christi 8:00am-MX4- Amanda 9:00am-MX4- Courtney 10:00am- Cardio/Tone- Sheila 5:30pm- MX4- Khristie 6:30pm- Cycle/Sculpt- Michelle	5:00am- MX4- Lauren 7:30am- Pilates Reformer 50/50 8:30am-MX4- Khristie 9:30am- MX4- Katie 4:30pm- MX4- Amanda 5:30pm- Funkie/Tone- Tamara 6:30pm- MX4- Tamara	5:00am- MX4- Alison 6:00am- MX4- Lauren 7:00am-Purpose Pilates-Christi 8:00am-MX4- Amanda 9:00am-MX4- Courtney 9:00am- Cycle- Tara 5:30pm- MX4- Khristie	5:00am- MX4- Lauren 7:30am- Pilates Reformer 50/50 8:30am-MX4- Khristie 9:30am- MX4- Katie 4:30pm- MX4- Amanda 5:30pm- Toning- Tamara	5:00am- MX4- Alison 6:00am-MX4- Lauren 7:00am- Funkie/Tone- Christi 8:00am-MX4- Amanda 9:00am-MX4- Khristie 10:00am- BC Explosion- Sheila	8:15am- Pilates Reformers 9:30am- MX4
24	25	26	27	28	29
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