

December 2018

www.physiquesfitness.com (337) 984-2226

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

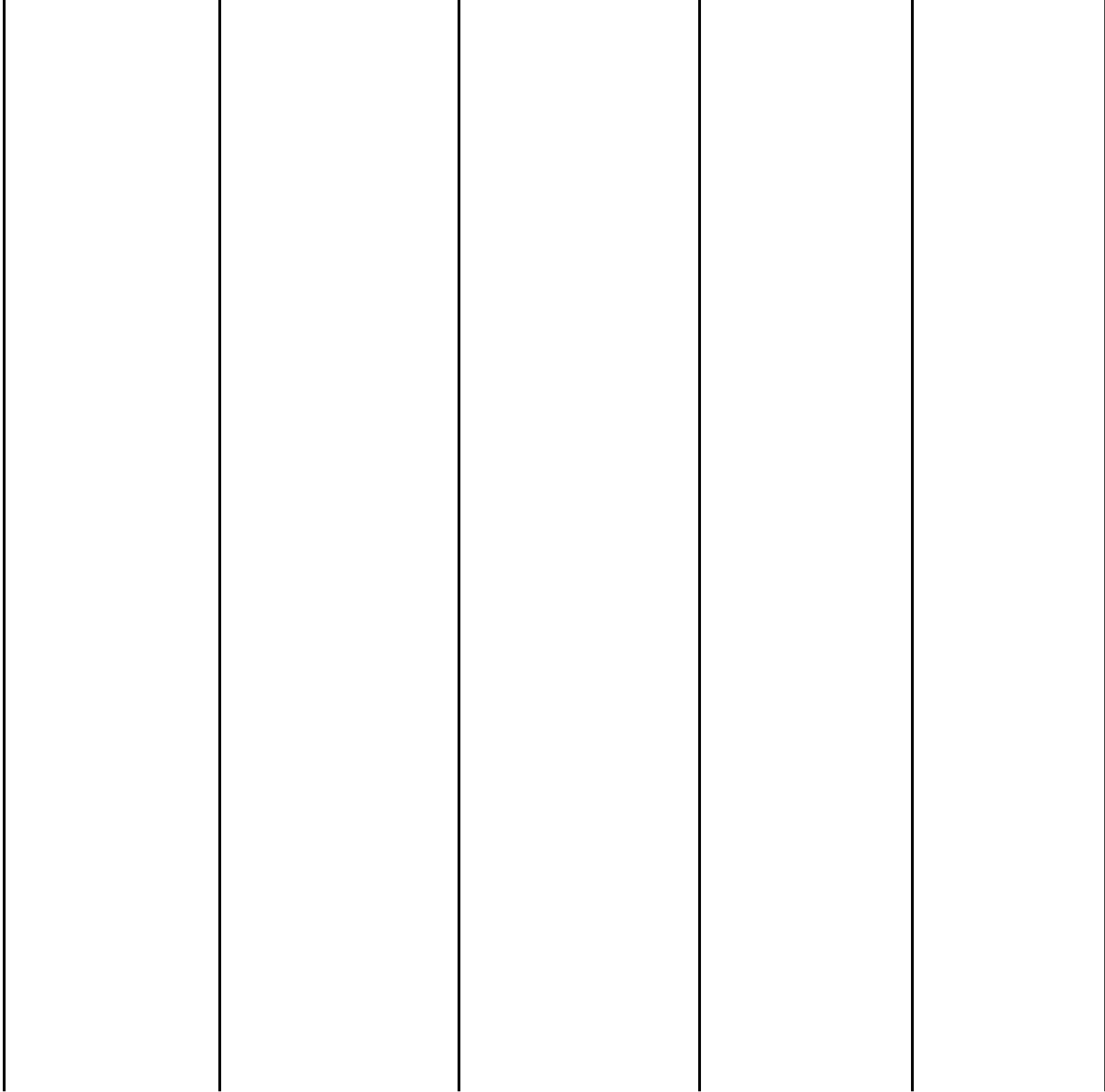
Nursery Hours:
 Mon-Fri 8:30am-11:30am
 Mon-Thurs 4pm-7:30pm
 Saturday 9am-11:00am

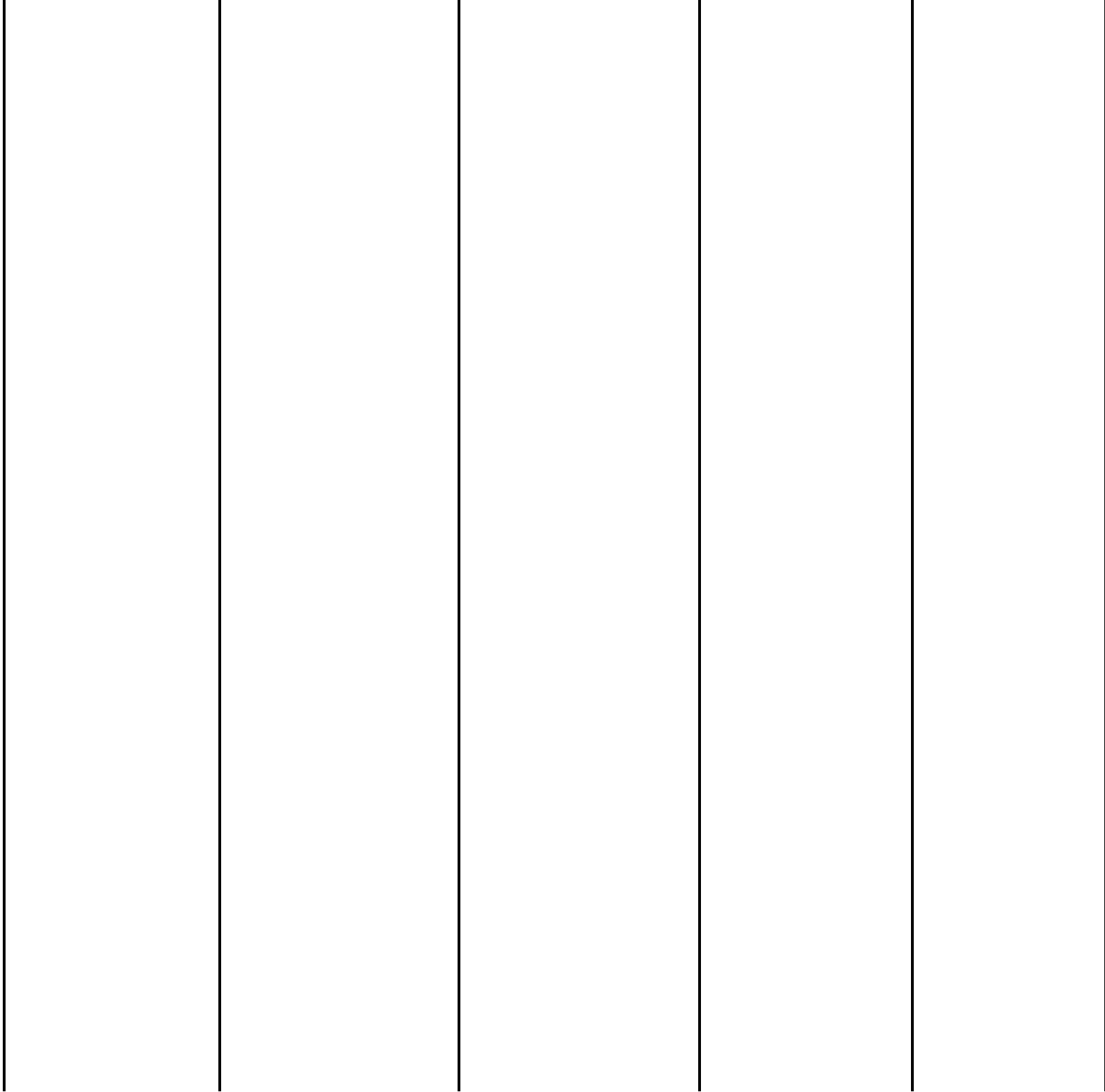
SATURDAY 1

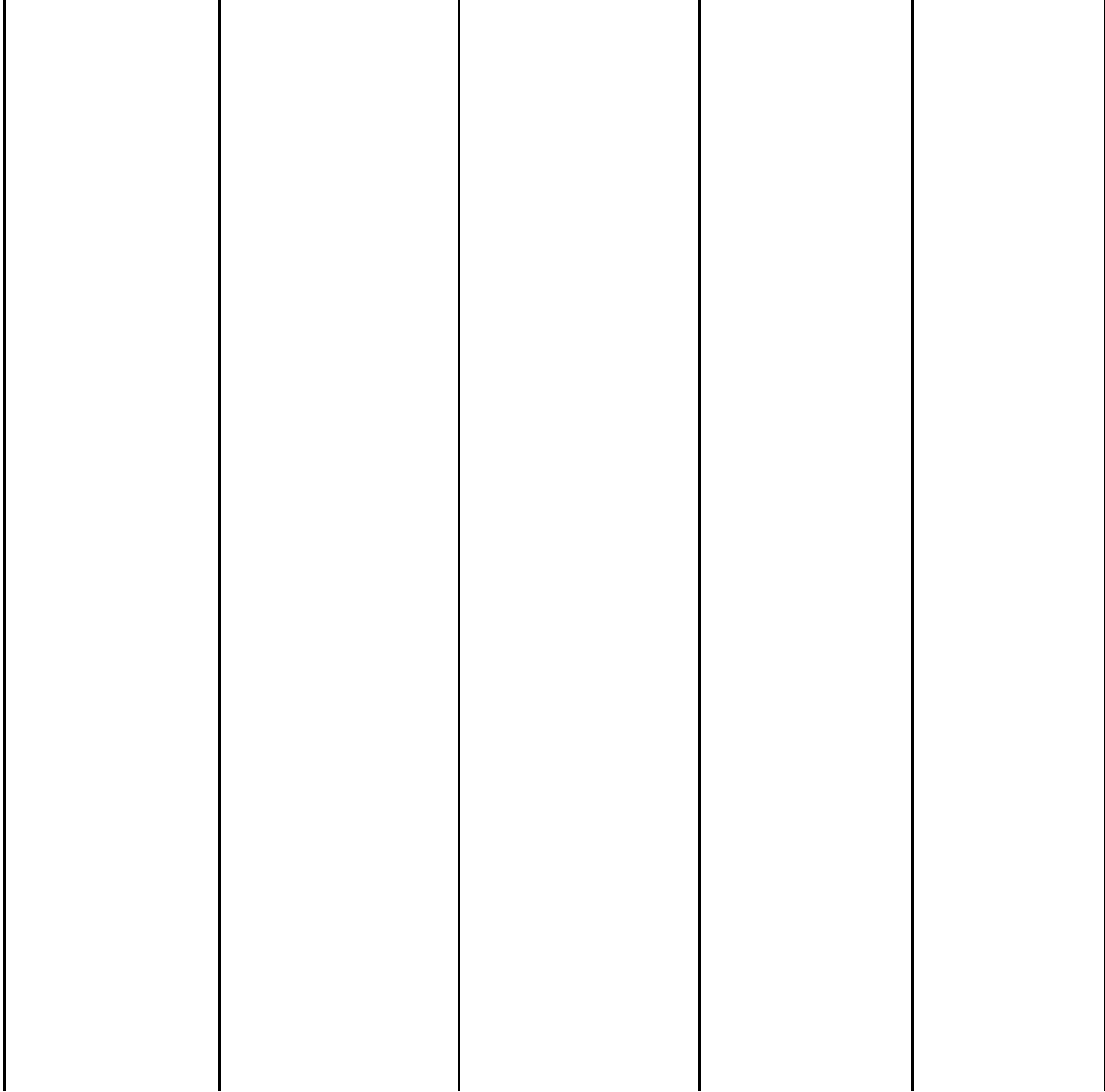
9:30AM BOOTY BALLET-TH

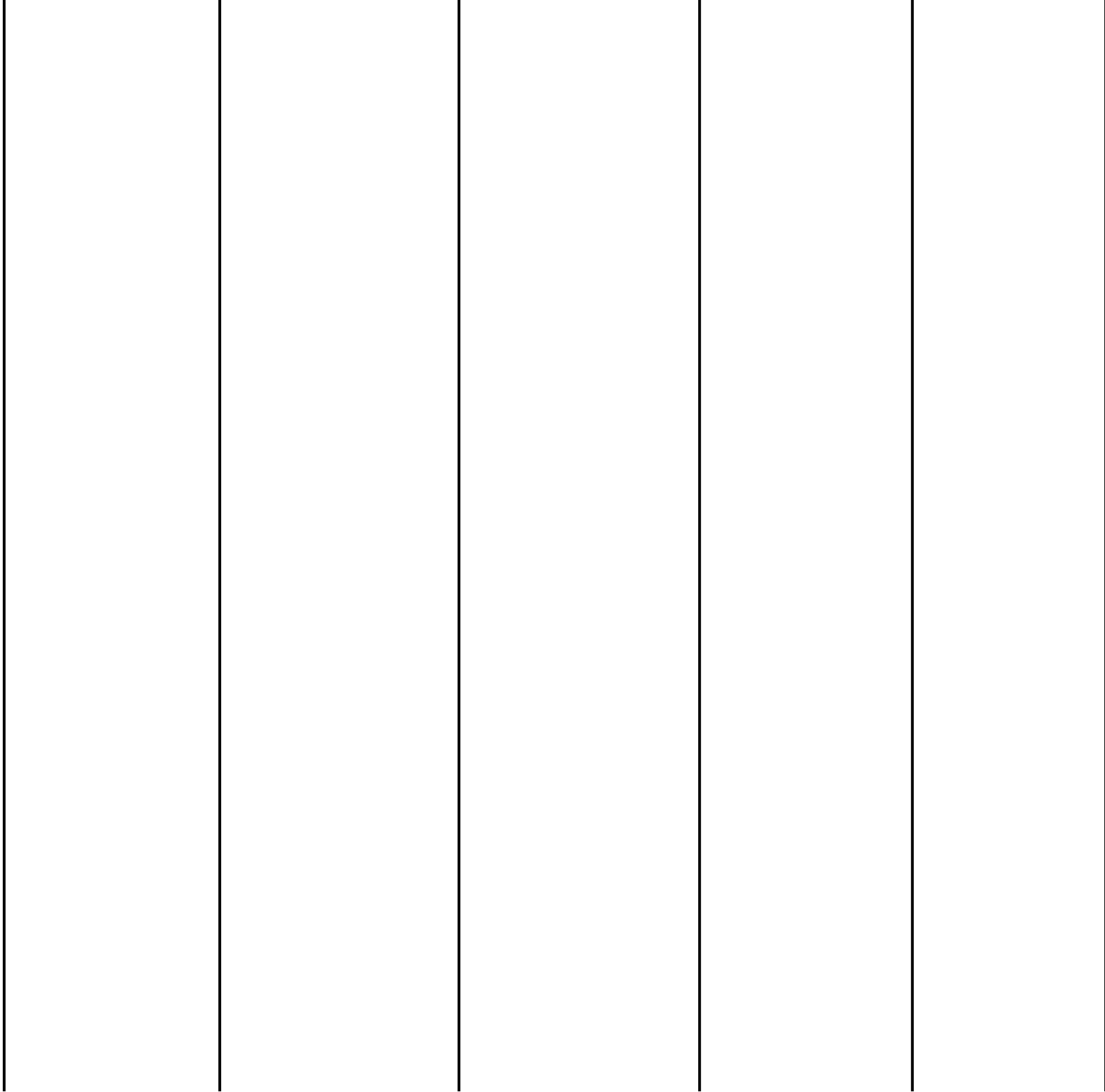
3	4	5	6	7	8
5:00AM RESISTANCE-BT 8:30AM PILATES-CL 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 5:30PM CARDIO & SCULPT-T 5:30PM SPIN-MC 6:30PM METABOLIC-TC	7:30AM FAT BURNER-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM KICKBOXING-AL 4:30PM BOOTYBALLET-TH 5:30PM CARDIOKICK-BG 6:30PM RIPPED-EW	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-TH 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM FUNKIE FUSION-TC	8:30AM TABATA YOGA-TH 9:30AM INTERVAL TRAINING-KT 12:15PM RIPPED-CG2 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 POWERPUMP-BT
10	11	12	13	14	15
5:00AM SPIN-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM FUNKIE/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-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 STRONG-BC	8:30AM TABATA YOGA-TH 9:30AM INTERVAL TRAINING-KT 12:15PM BODYSCULPTING-ST 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 ZUMBA-BP
17	18	19	20	21	22
5:00AM POWERPUMP-BT 8:30AM PILATES-CL 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 5:30PM CARDIO & SCULPT-T 5:30PM SPIN-MC 6:30PM METABOLIC-BT	7:30AM STEP-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 FUNKIE FUSION-TC	8:30AM TABATA YOGA-TH 9:30AM INTERVAL TRAINING-KT 12:15PM RIPPED-CG2 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 RIPPED-CG2
24	25	26	27	28	29
		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 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 BC EXPLOSION-SP	9:30AM TONING-AL
CLOSED 31	HAPPY NEW YEAR 1				

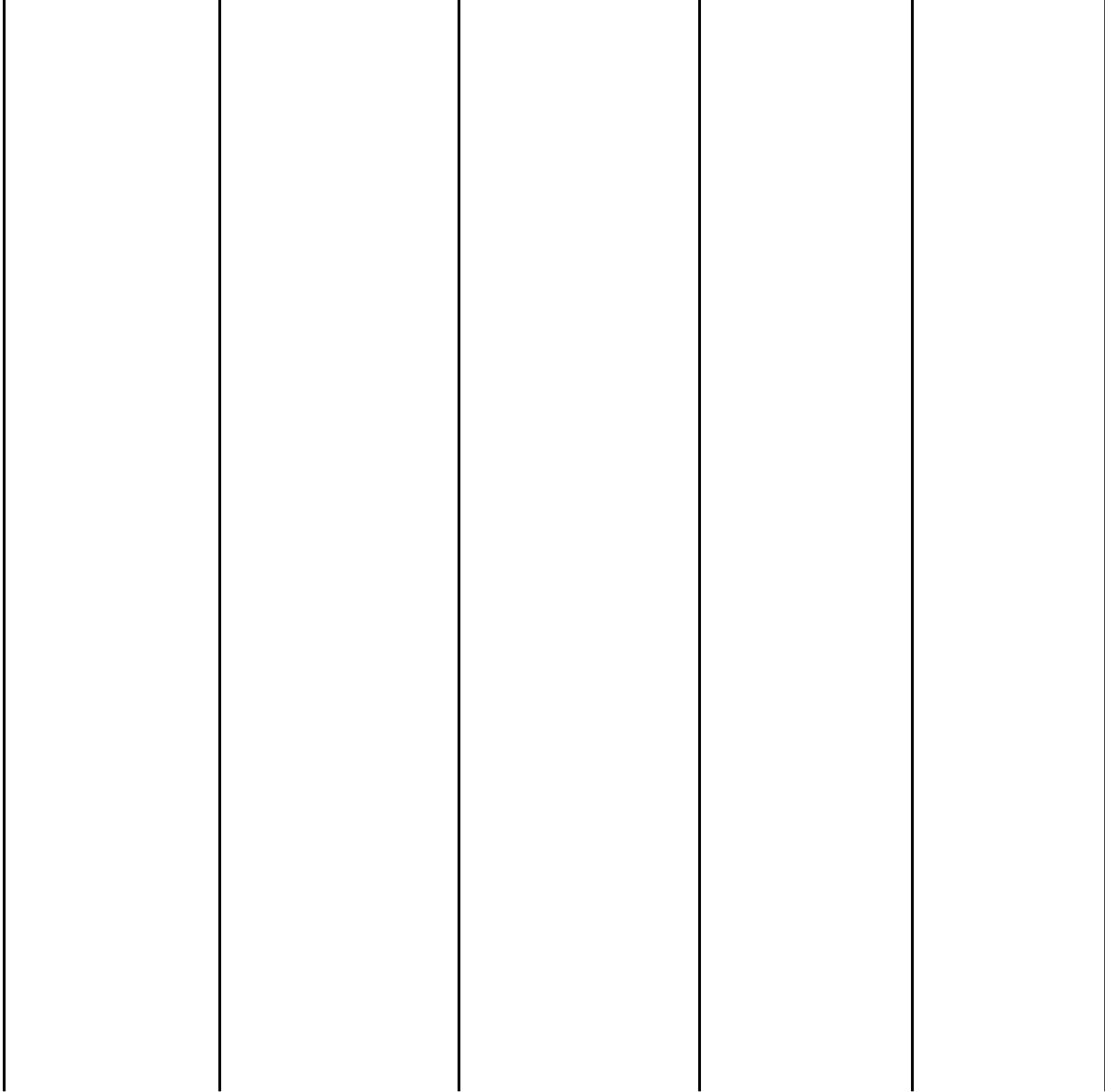
NEW

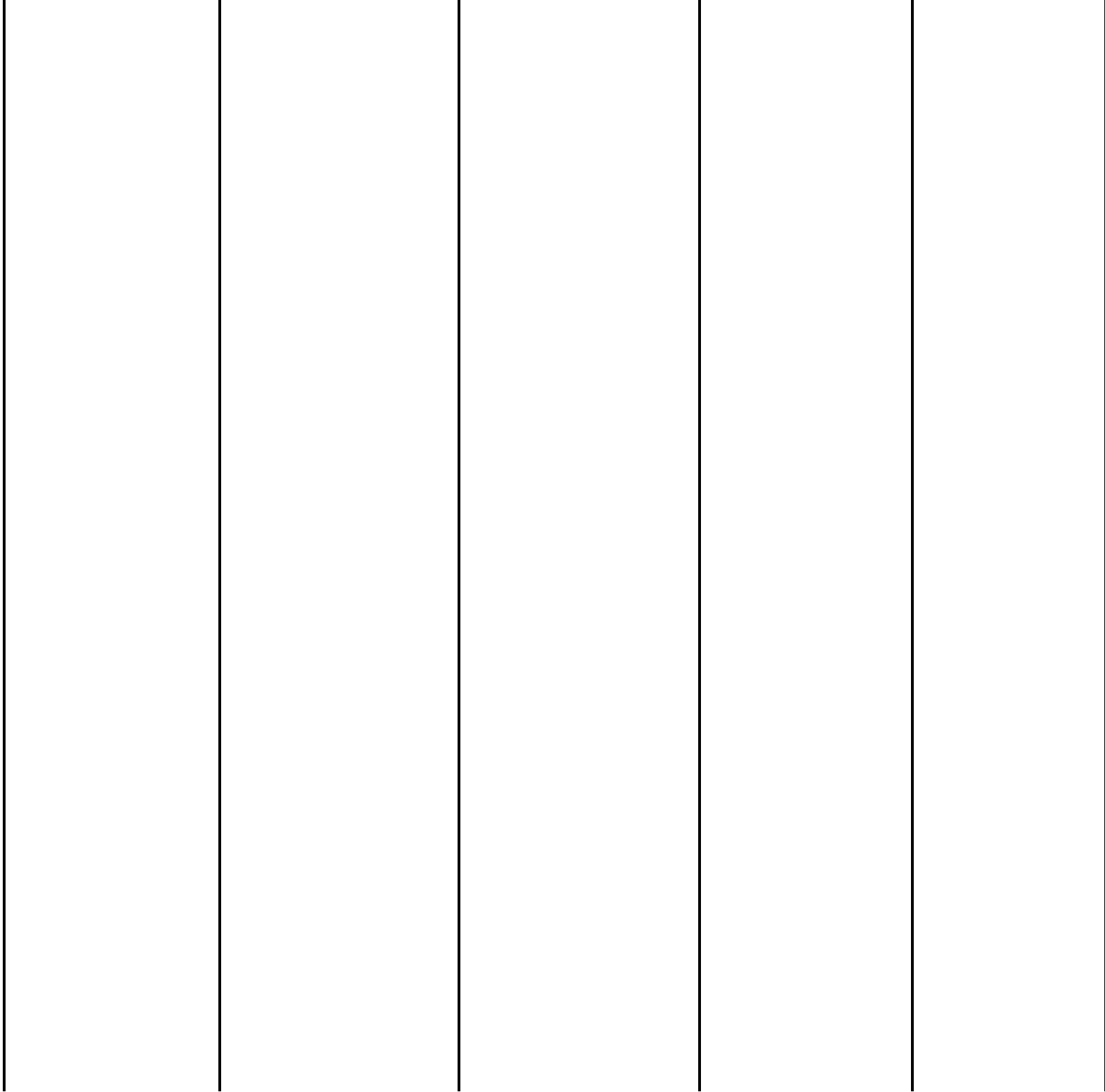


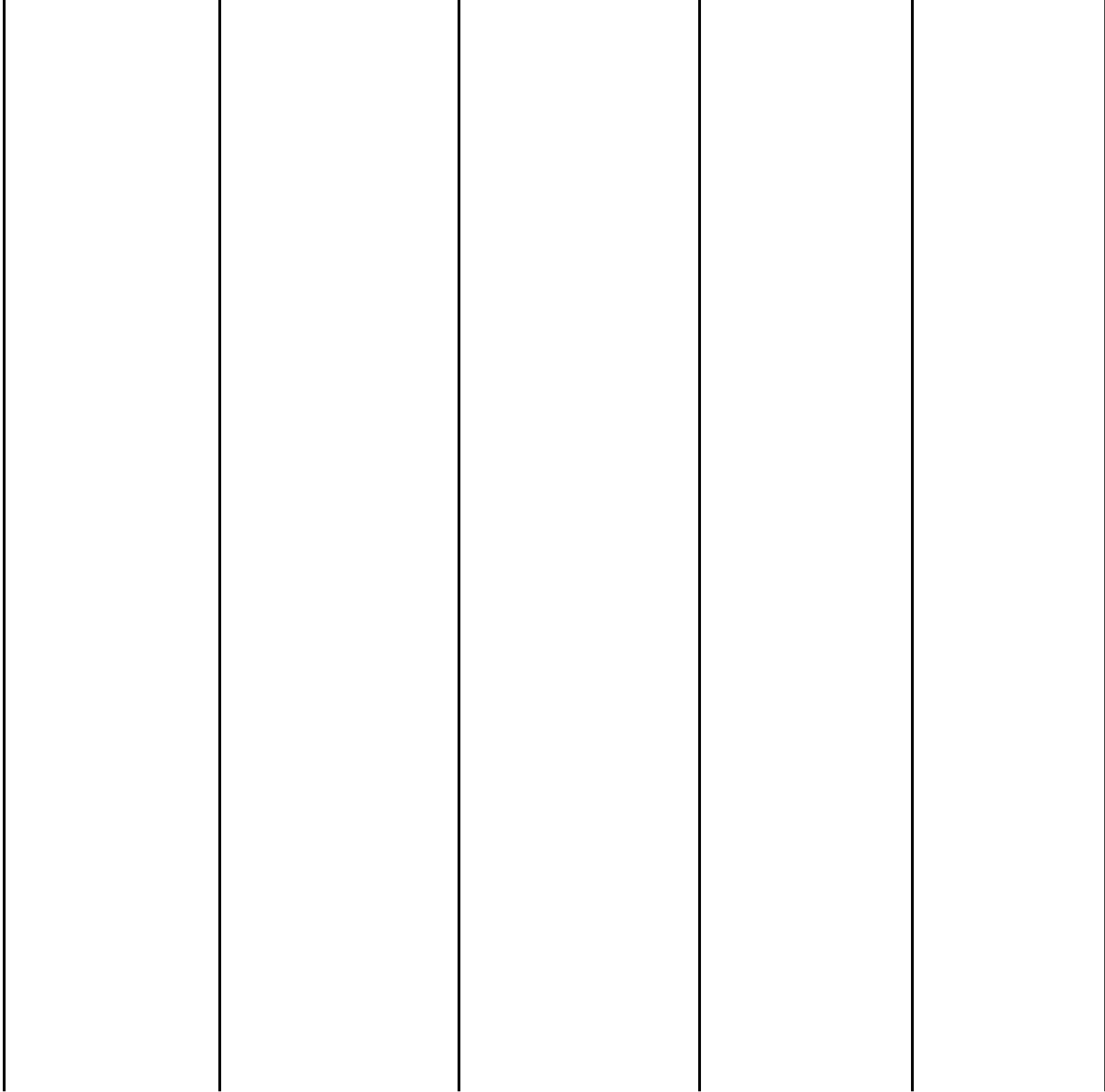


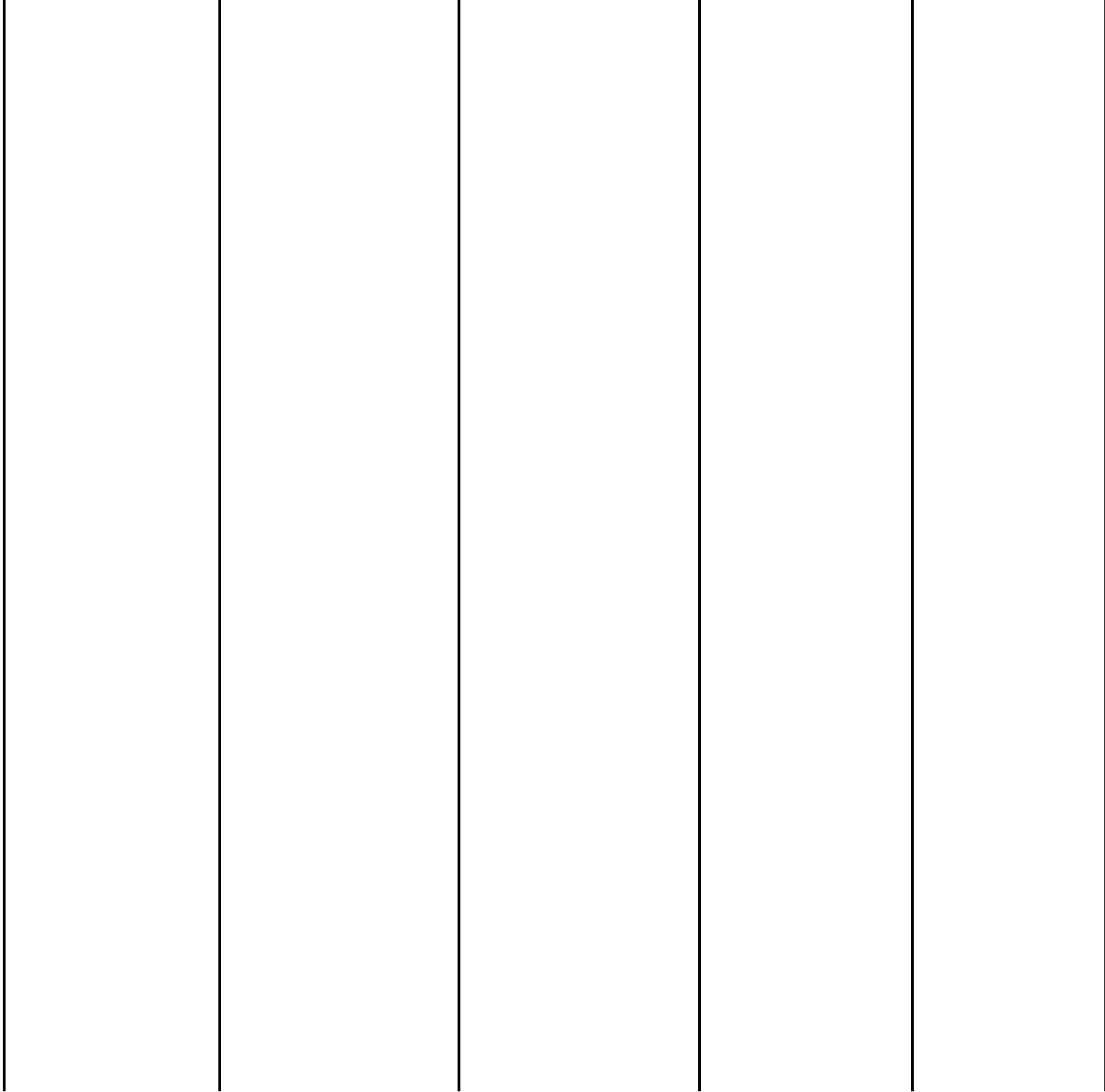


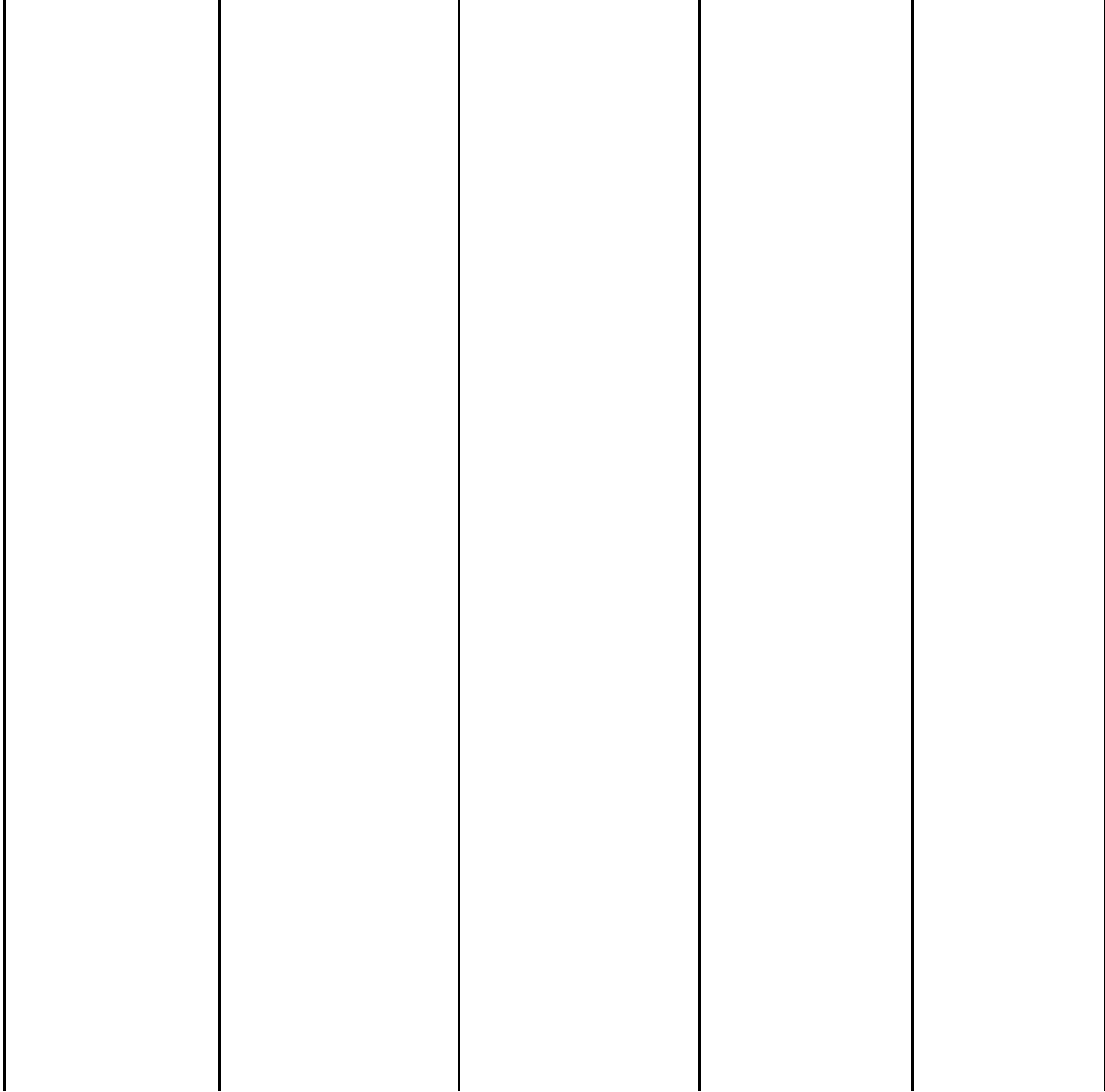


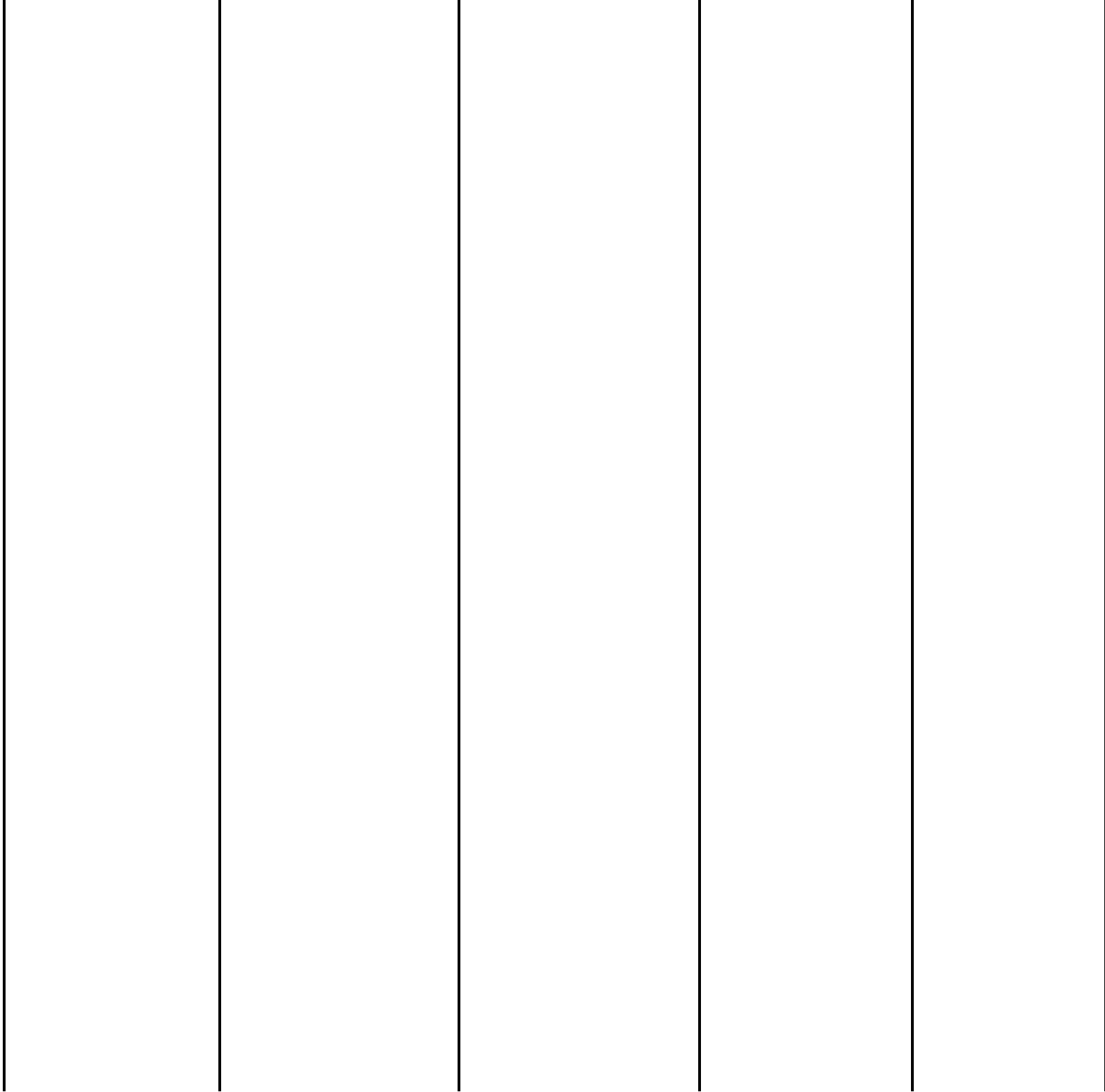


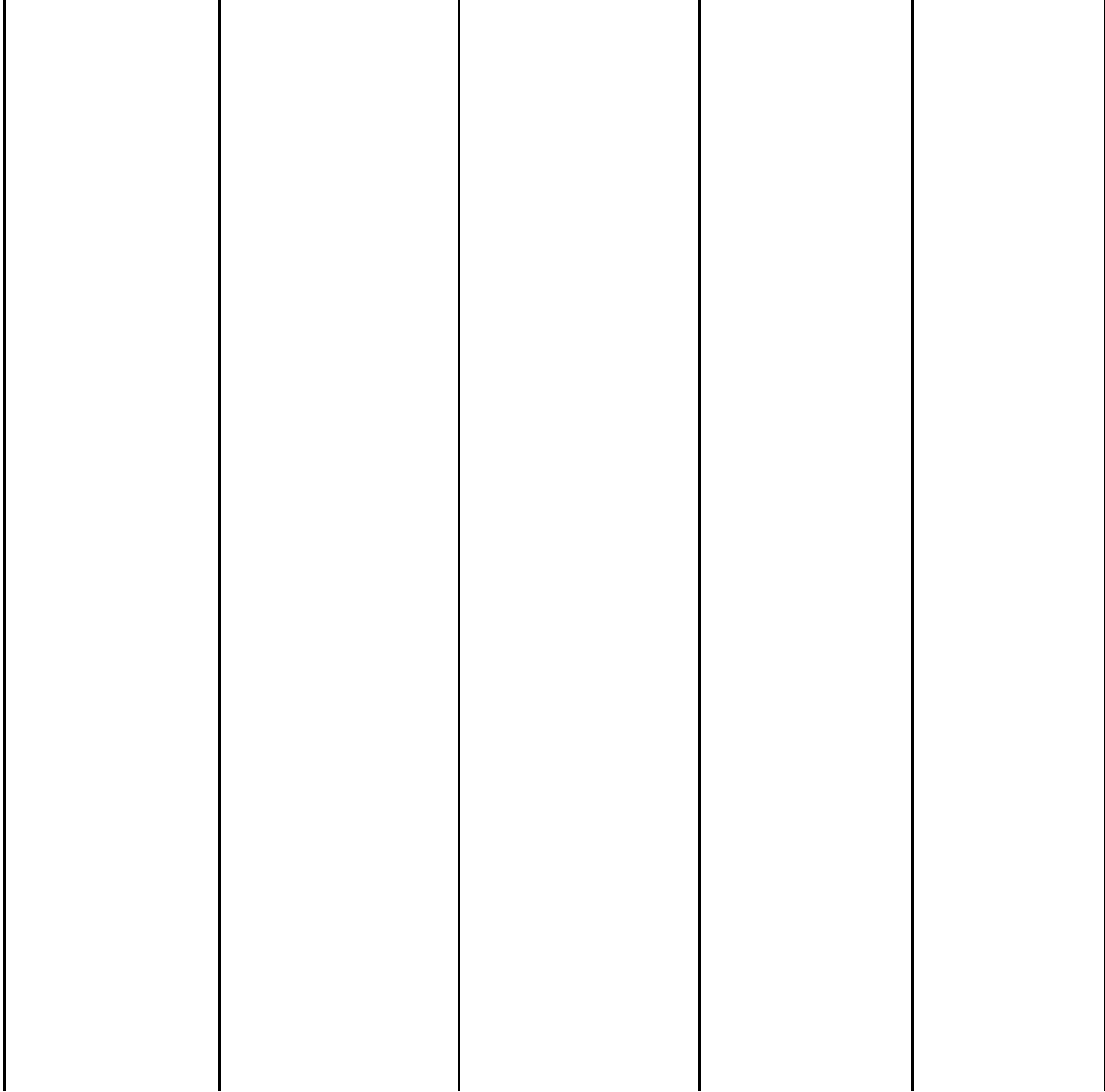


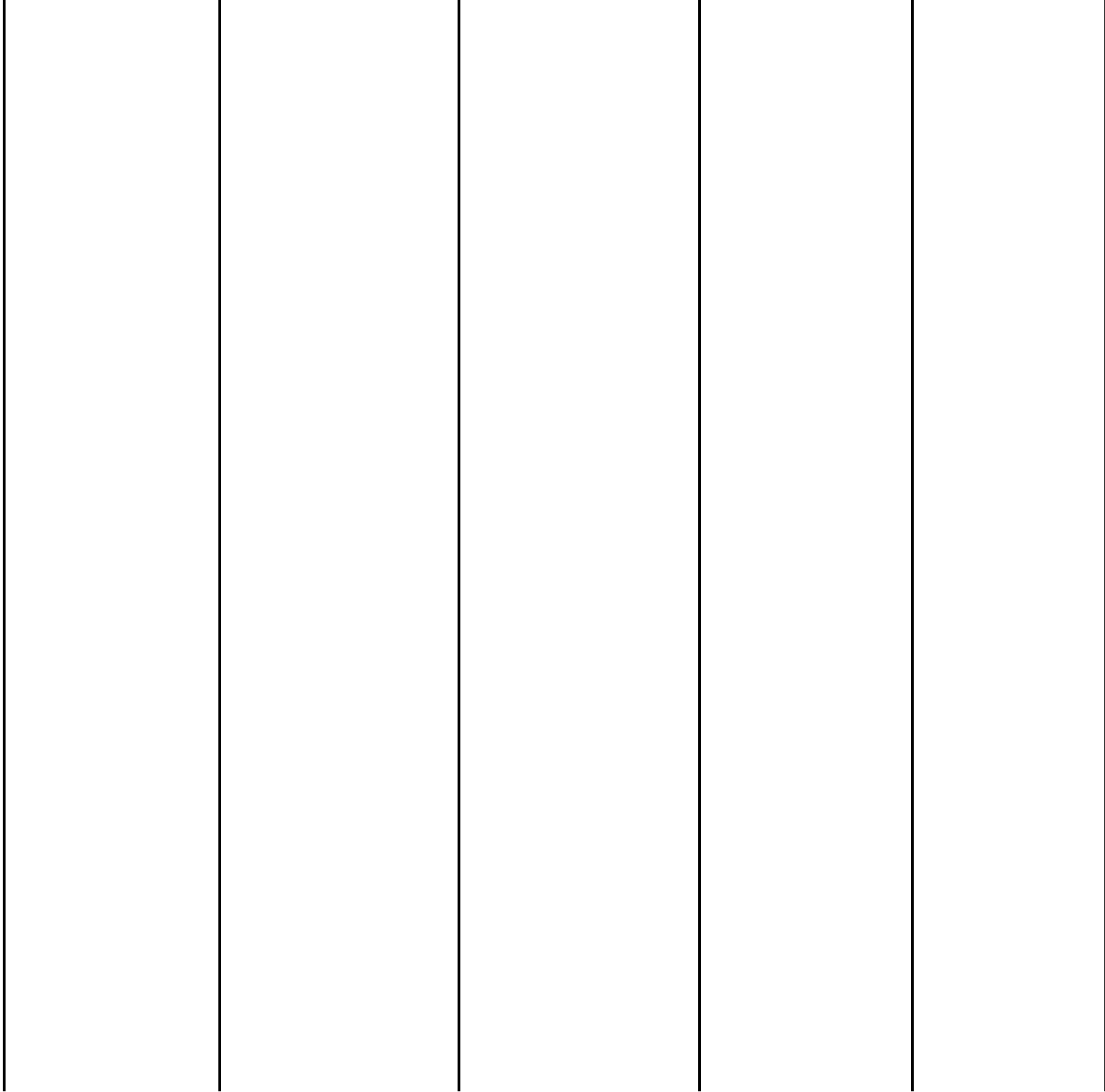


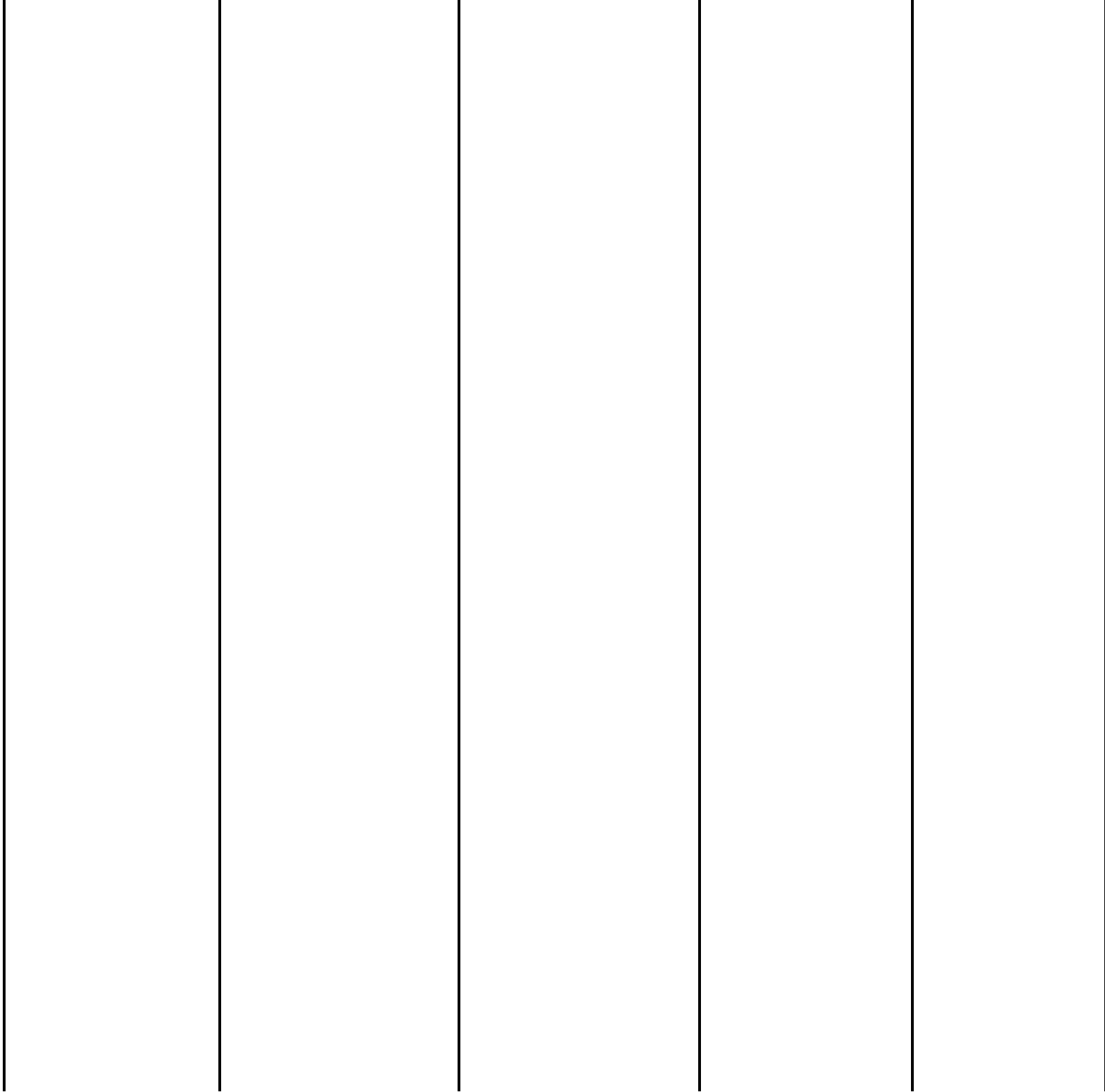


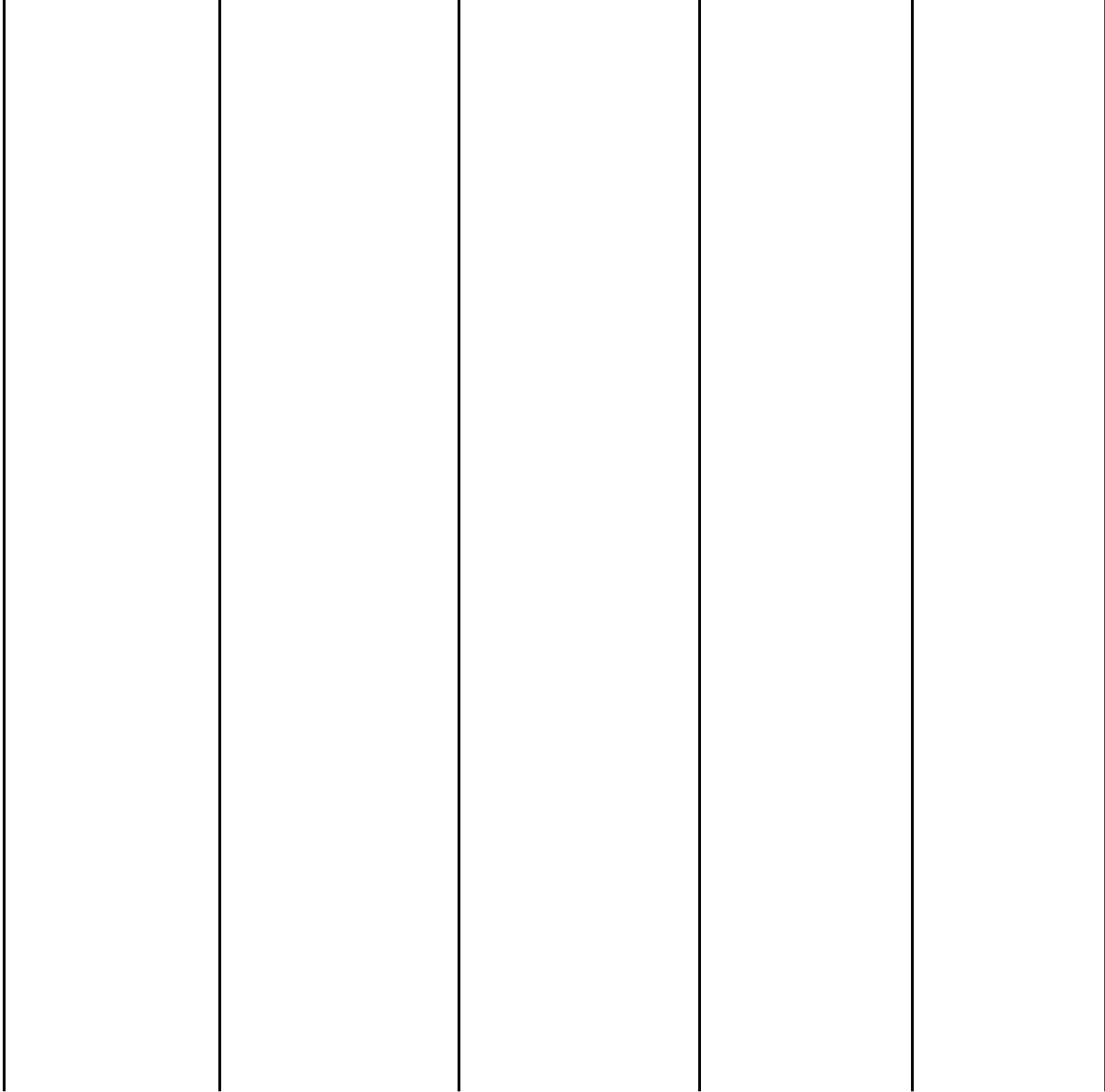


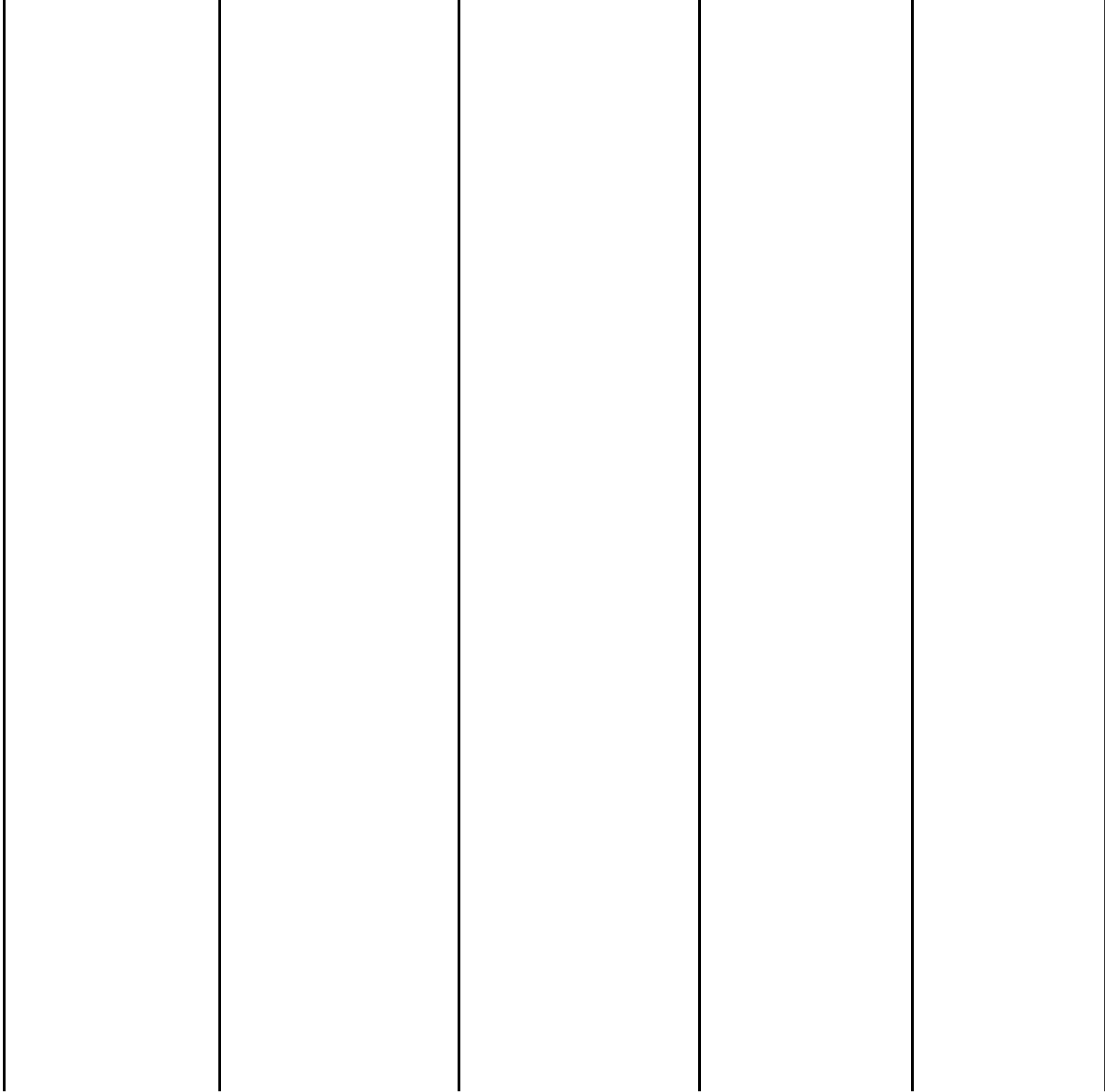


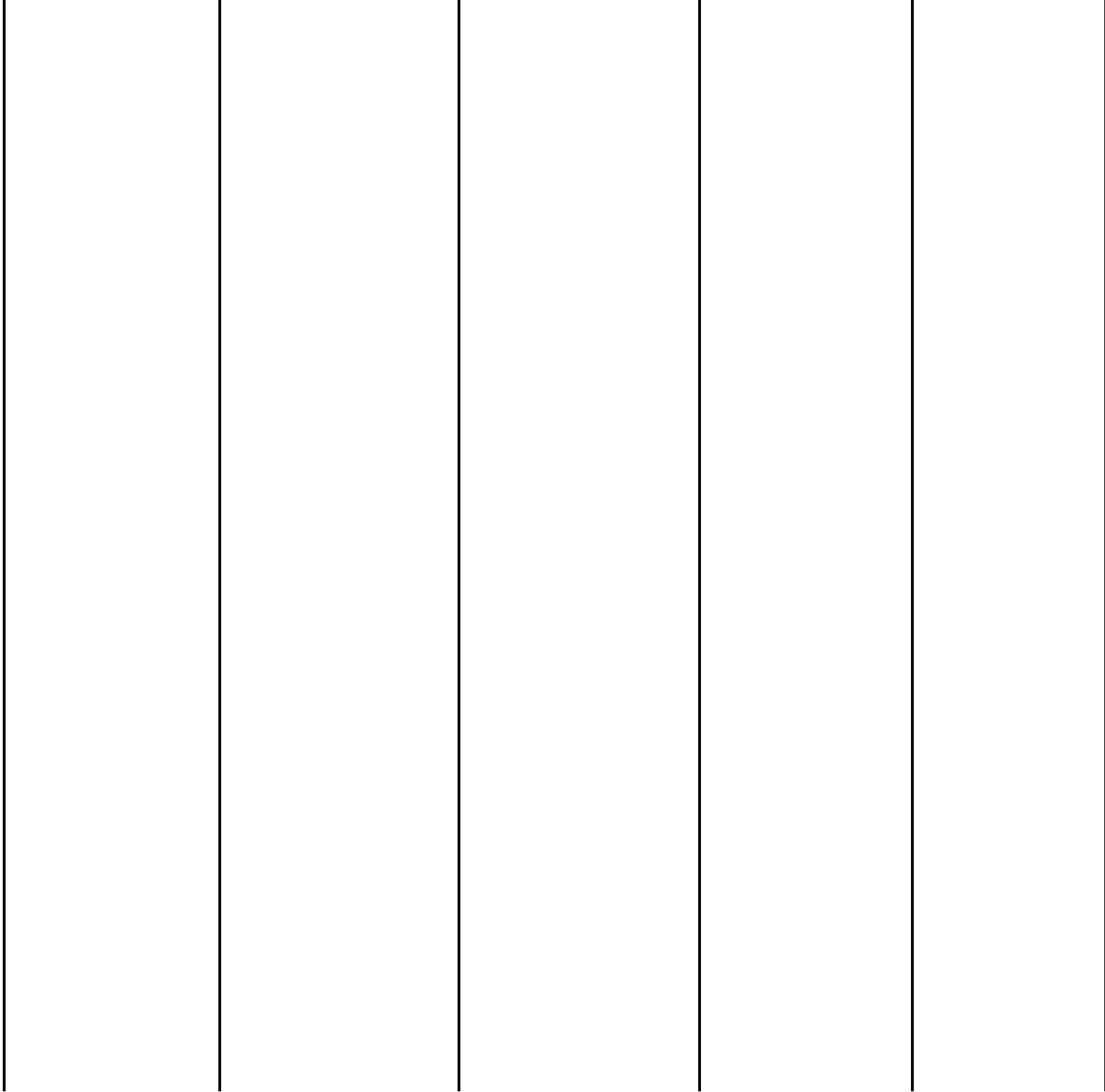


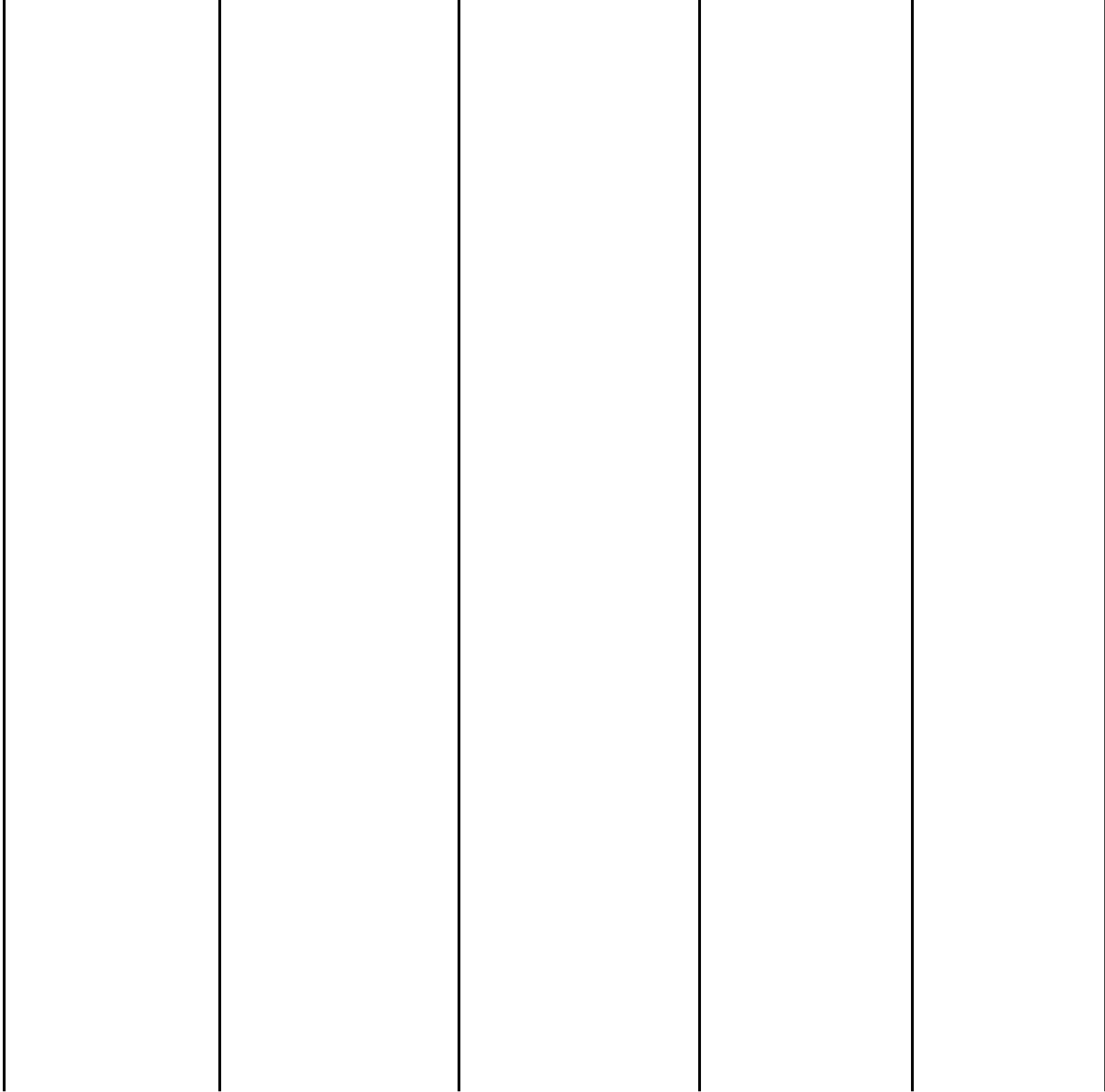


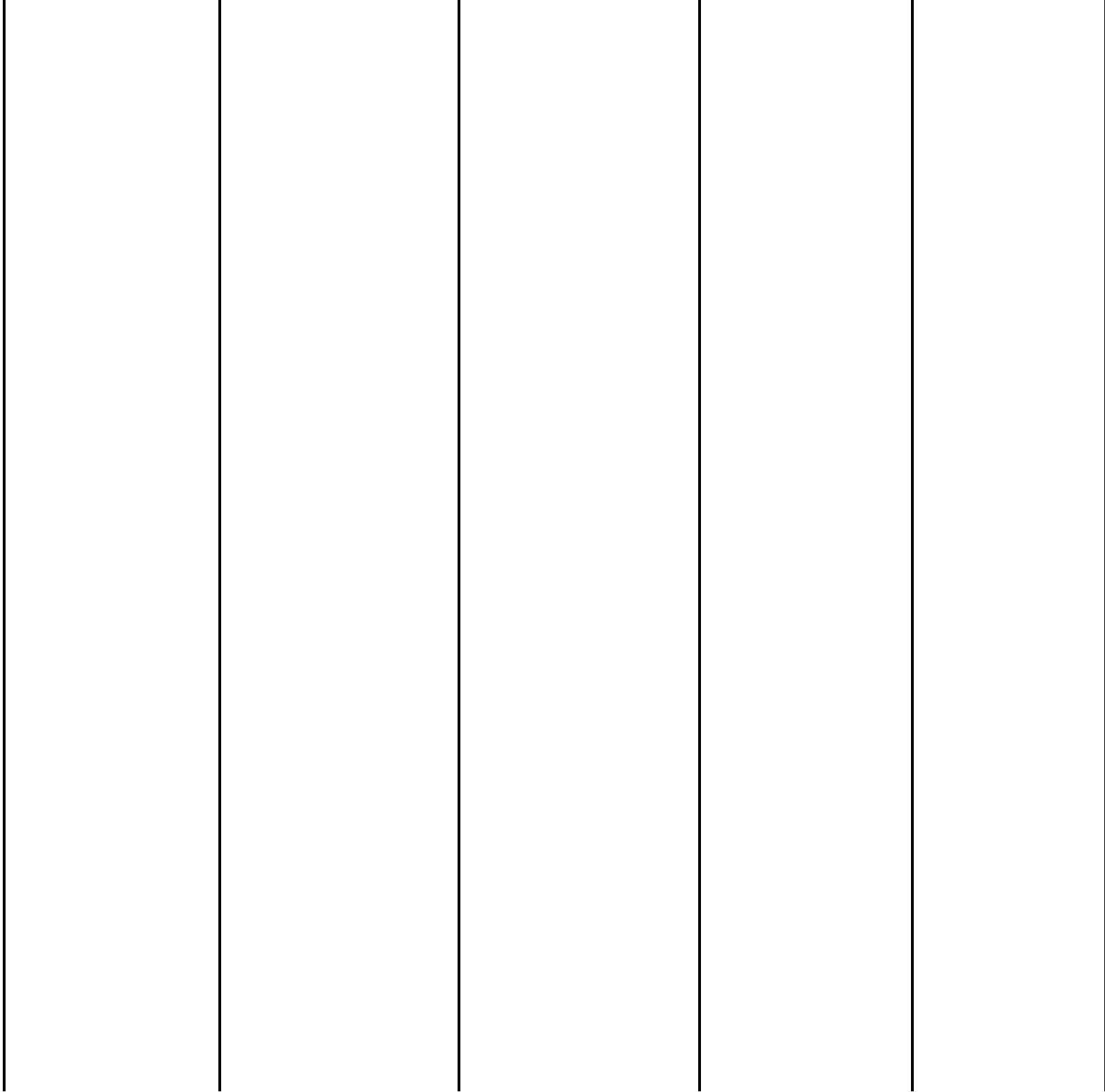












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