

May 2019

Gym Hours

www.physiquesfitness.com

Mon-Thurs: 5am-8pm


Friday: 5am-7pm

Saturday: 8am-4pm

Sunday: CLOSED

LIKE US ON FACEBOOK

(337)984-2226

Monday	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Saturday
		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 BODYSCULPTING-ST 12:15PM TONING-AL 4:30PM YOGA&STRETCH-TH 5:30PM SPIN/SCULPT-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BP	5:00AM RESISTANCE-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM BOOTY BALLET-TH HOUR AND A HALF CLASS
6	7	8	9	10	11
5:00AM STEP INTERVAL-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 FAT BURNER-C 8:30AM YOGA&STRETCH-TH 9:30AM TABATA/STRENGTH-CG 4:30PM BOOTYBALLET-TH 5:30PM SPIN/SCULPT-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/TONE-SP2	8:30AM TABATA YOGA-TH 9:30AM POUND-ST 12:15PM RIPPED-CG2 4:30PM TABATA YOGA-TH 5:30PM SPIN/SCULPT-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 FUNKIE/TONE-TC
13	14	15	16	17	18
5:00AM RIPPED-BS 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 TABATA/STRENGTH-AD 4:30PM BOOTYBALLET-TH 5:30PM SPIN/SCULPT-BG 6:30PM METABOLIC-TC	5:00AM POWER PILATES-KT 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 BODYSCULPTING-ST 12:15PM TONING-AL 4:30PM YOGA&STRETCH-TH 5:30PM SPIN/SCULPT-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BP	5:00AM POWER PUMP-BS 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM STRONG-BC
20	21	22	23	24	25
5:00AM CARDIOSCULPT-BS 8:30AM PILATES-CL 9:00AM SPIN-T 9:30AM STRONG-BC 5:30PM CARDIO & SCULPT -T 5:30PM SPIN-MC 6:30PM METABOLIC-TC	7:30AM FAT BURNER-C 8:30AM YOGA&STRETCH-RH 9:30AM TABATA/STRENGTH-CG 4:30PM BOOTYBALLET-T 5:30PM SPIN/SCULPT-BG 6:30PM RIPPED-EW	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-ST 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM FUNKIE/TONE-SP2	8:30AM TABATA YOGA-RH 9:30AM POUND-ST 12:15PM BODYSCULPTING-ST 4:30PM TABATA YOGA-KT 5:30PM SPIN/SCULPT-MC 5:30PM BOOTY BALLET-KT 6:30PM ZUMBA-BP	5:00AM SPIN&SCULPT-BT 8:30AM FUNKIE/TONE-CL 9:30AM BODYSCULPTING-ST	9:30AM POUND-ST
27	28	29	30	31	
	7:30AM FAT BURNER-C 8:30AM YOGA&STRETCH-TH 9:30AM TABATA/STRENGTH-CG 4:30PM BOOTYBALLET-TH 5:30PM SPIN/SCULPT-BG 6:30PM RIPPED-EW	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-TH 12:15PM POWERPUMP-BT 4:30PM RIPPED-EW 5:30PM TONING-TC	8:30AM TABATA YOGA-TH 9:30AM STRONG-BC 12:15PM TONING-AL 4:30PM YOGA&STRETCH-TH 5:30PM SPIN/SCULPT-MC 5:30PM BOOTY BALLET-TH 6:30PM ZUMBA-BP	5:00AM POWERPUMP-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

