

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
5:00AM SPIN-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 4:30PM BOOTYBALLET-TH 5:30PM CARDIO & SCULPT-T 5:30PM SPIN-MC 6:30PM FUNKIE FUSION-TC	7:30AM BODYSCULPT-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 P90X LIVE-KT 12:15PM TONING-AL 4:30PM TABATA YOGA-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 METABOLIC-TC
9	10	11	12	13	14
5:00AM RESISTANCE-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM FUNKIE/TONE-SP 4:30PM GORGEOUSGLUTES-AD 5:30PM CARDIO & SCULPT -MC 5:30PM SPIN-T 6:30PM METABOLIC-TC	7:30AM KICK&TONE-C 8:30AM YOGA&STRETCH-LL 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION-TC 4:30PM BOOTYBALLET-MA 5:30PM CARDIOKICK-BG 6:30PM RIPPED-CG2	5:00AM POWER PILATES-BT 8:30AM PURPOSE PILATES-CL 9:30AM BOOTYBALLET-MA 12:15PM POUND-ST 4:30PM RIPPED-EW 5:30PM FUNKIE FUSION-KG	8:30AM YOGA&STRETCH-RH 9:30AM STEP INT-KT 12:15PM RIPPED-CG 4:30PM YOGA&STRETCH-FP 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	8:30AM POWER PUMP-BT
16	17	18	19	20	21
5:00AM POWERPUMP-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 4:30PM BARBELLS&GLUTES-AD 5:30PM CARDIO & SCULPT-T 5:30PM SPIN-MC 6:30PM FUNKIE FUSION-TC	7:30AM CIRCUIT TRAIN-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 P90X LIVE-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 CIRCUIT-BT 8:30AM FUNKIE/TONE-CL 9:30AM BC EXPLOSION-SP	9:30AM RIPPED/RUMBLE CG
23	24	25	26	27	28
5:00AM SPIN-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM FUNKIE/TONE-SP 4:30PM GORGEOUSGLUTES-AD 5:30PM CARDIO & SCULPT -MC 5:30PM SPIN-T 6:30PM METABOLIC-TC	7:30AM BODYSCULPT-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 FUNKIE FUSION-KG	8:30AM TABATA YOGA-TH 9:30AM STEP INT-KT 12:15PM RIPPED-CG 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 RIPPED/RUMBLE-CG	9:30AM Zumba-BC
30					

5:00AM POWERPUMP-BT 8:30AM PILATES-KD 9:00AM SPIN-T 9:30AM CARDIO/TONE-SP 4:30PM BARBELLS&GLUTES-AD 5:30PM CARDIO & SCULPT-T 5:30PM SPIN-MC 6:30PM FUNKIE FUSION-TC
--

April www.physiquesfitness.com
2018 (337)984-2226

Gym Hours
 Mon-Thurs: 5am-9pm
 Friday: 5am-7pm
 Saturday: 8am-4pm
 Sunday: 1pm-4pm

Nursery Hours:
 Mon-Sat 8:30am-11:30am
 Mon-Thurs 4pm-7:30pm







































