



Group Exercise Schedule

www.physiqueplus.com

rev: 12/2/18



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 8:00am - 9:00am	 5:15am - 6:20am	 5:30am - 6:20am	 5:30am - 6:20am	 5:30am - 6:20am	 5:30am - 6:20am	 7:45am - 8:50am
 8:30am - 9:20am	 5:30am - 6:15am	BOOT CAMP 5:45am - 6:30am	 5:30am - 6:00am	BOOT CAMP 5:45am - 6:30am	 5:30am - 6:15am	 8:00am - 9:00am
 9:15am - 10:15am	 9:15am - 10:05am	 9:15am - 10:05am	 6:05am - 6:35am	 9:15am - 10:05am	 9:15am - 10:05am	 9:15am - 10:05am
 10:30am - 11:30am	 9:15am - 10:15am	 9:15am - 10:15am	 9:15am - 10:05am	 9:15am - 9:45am	 9:15am - 10:15am	 9:15am - 10:15am
				 9:50am - 10:20am	 10:30am - 11:30am	
	 4:15pm - 5:15pm	 4:15pm - 5:00pm	 4:45pm - 5:15pm	 4:30pm - 5:30pm	 5:30pm - 6:30pm	
	 5:45pm - 6:30pm	 5:15pm - 6:15pm	 5:30pm - 6:30pm	 5:35pm - 6:05pm	<p>KIDS' CLUB HOURS</p> <p><u>Mornings</u> Mon - Sat 9:00am - 12:00pm <u>Evenings</u> Mon - Thur 5:00pm - 8:00pm</p> <p>PLEASE PAY AT FRONT DESK</p>	
	 6:00pm - 6:50pm	 6:00pm - 6:50pm	 6:00pm - 6:50pm	 6:00pm - 6:50pm		
	 6:45pm - 7:45pm	 6:30pm - 7:00pm	 6:45pm - 7:45pm	 6:45pm - 7:45pm		
	 7:55pm - 8:55pm	 7:05pm - 7:50pm	 7:55pm - 8:55pm			

All classes will start and end on time. Please arrive 5 to 10 minutes early for setup. Don't forget water and a towel.
PLEASE SIGN UP FOR ALL CLASSES AT FRONT COUNTER. SIGN UPS START 45 MINUTES PRIOR TO ALL CLASSES.