

Physique Magnifique Morning Schedule

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TIME	MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
5-5:30am								
5:30-6am	Boxing Movement Prep			Boxing Movement Prep				Boxing Movement Prep
6-6:30am	Boxing	Boxing	Body Transform Program	Boxing	Body Transform Program	Boxing	Body Transform Program	Boxing
6:30-7am								
7-7:30am		Boxing				Boxing		
7:30-8am								
8-8:30am								
8:30-9am								
9-9:30am								
9:30-10am								

Physique Magnifique Evening Schedule

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TIME	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	
4-4:30pm	Boxing			Boxing				
4:30-5pm	(ages 6 and below)			(ages 6 and below)				
5-5:30pm	Boxing		Boxing	Boxing		Boxing		
5:30-6pm	(ages 7-12)		(ages 7-12)	(ages 7-12)		(ages 7-12)		
6-6:30pm	Boxing	Circuit Training	Boxing	Boxing	Circuit Training	Boxing	Boxing	Circuit Training
6:30-7pm	(ages 13-17)	Free to All Members	(ages 13-17)	(ages 13-17)	Free to All Members	(ages 13-17)	(ages 13-17)	Free to All Members
7-7:30pm	Boxing		Boxing	Boxing		Boxing		
7:30-8pm	(Ages 18+)		(Ages 18+)	(Ages 18+)		(Ages 18+)		
3-8pm	Olympic Weightlifting		Olympic Weightlifting	Olympic Weightlifting		Olympic Weightlifting	Olympic Weightlifting	
8:30-9pm								

Physique Magnifique Studio Schedule

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-4:30pm					
4:30-5pm	NoGi BJJ	NoGi BJJ			NoGi BJJ
5-5:30pm	(ages 10-14)	(ages 10-14)			(ages 10-14)
5:30-6pm					
6-6:30pm	NoGi BJJ	NoGi BJJ			NoGi BJJ
6:30-7pm	(ages 15+)	(ages 15+)			(ages 15+)
7-7:30pm	Zumba		Zumba	Zumba	
7:30-8pm					
8-8:30pm					
8:30-9pm					

PHYSIQUE MAGNIFIQUE

Weekend Schedule

SATURDAY

7:30-8:30am | Body Transformation Program

9:15-11am | Strength and Boxing

10am - 3pm | Olympic Weightlifting

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