

Physiques Fitness Group Exercise Schedule 870-234-3488

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> GRIT CARDIO 5:30AM - 6:00AM Physiques Group Room</p>	<p> BODYPUMP 5:30AM - 6:15AM Physiques Group Room</p>	<p> BODYCOMBAT 5:30AM - 6:00AM Physiques Group Room</p>	<p> BODYPUMP 5:30AM - 6:15AM Physiques Group Room</p>	<p> GRIT STRENGTH 5:30AM - 6:00AM Physiques Group Room</p>	<p> BODYPUMP 9:30AM - 10:30AM Physiques Group Room</p>	
<p> BODYFLOW 6:15AM - 6:30AM Physiques Group Room</p>	<p> BODYFLOW 6:15AM - 6:30AM Physiques Group Room</p>	<p> BODYFLOW 6:15AM - 6:30AM Physiques Group Room</p>	<p> BODYFLOW 6:15AM - 6:30AM Physiques Group Room</p>	<p> CORE 6:30AM - 7:00AM Physiques Group Room</p>	<p> BODYFLOW 10:30AM - 10:45AM Physiques Group Room</p>	
<p> BODYFLOW 6:30AM - 7:30AM Physiques Group Room</p>	<p> CORE 6:30AM - 7:00AM Physiques Group Room</p>	<p> BODYFLOW 6:30AM - 7:30AM Physiques Group Room</p>	<p> BODYCOMBAT 6:30AM - 7:00AM Physiques Group Room</p>	<p> BODYFLOW 8:15AM - 9:15AM Physiques Group Room</p>	<p> BODYCOMBAT 10:45AM - 11:15AM Physiques Group Room</p>	
<p> BODYPUMP 8:15AM - 9:15AM Physiques Group Room</p>	<p> BODYSTEP ATHLETIC 8:15AM - 9:00AM Physiques Group Room</p>	<p> BODYPUMP 8:15AM - 9:00AM Physiques Group Room</p>	<p> BODYSTEP ATHLETIC 8:15AM - 9:00AM Physiques Group Room</p>	<p> BODYPUMP 10:30AM - 11:30AM Physiques Group Room</p>	<p> CORE 11:15AM - 11:30AM Physiques Group Room</p>	
<p> Silver Sneakers 9:30AM - 10:15AM Physiques Group Room</p>	<p> BODYFLOW 9:00AM - 9:15AM Physiques Group Room</p>	<p> BODYFLOW 9:00AM - 9:15AM Physiques Group Room</p>	<p> BODYFLOW 9:00AM - 9:15AM Physiques Group Room</p>	<p> GRIT CARDIO 12:10PM - 12:40PM Physiques Group Room</p>		
<p> BODYCOMBAT 10:30AM - 11:30AM Physiques Group Room</p>	<p> Silver Sneakers 9:30AM - 10:15AM Physiques Group Room</p>	<p> Silver Sneakers 9:30AM - 10:15AM Physiques Group Room</p>	<p> Silver Sneakers 9:30AM - 10:15AM Physiques Group Room</p>	<p> BODYFLOW 4:30PM - 5:00PM Physiques Group Room</p>		
<p> CORE 12:10PM - 12:40PM Physiques Group Room</p>	<p> BODYFLOW 10:30AM - 11:30AM Physiques Group Room</p>	<p> BODYCOMBAT 12:10PM - 12:40PM Physiques Group Room</p>	<p> BODYCOMBAT 10:30AM - 11:00AM Physiques Group Room</p>	<p> CORE 5:40PM - 6:40PM Physiques Group Room</p>		
<p> BODYCOMBAT 3:45PM - 4:15PM Physiques Group Room</p>	<p> BODYPUMP 12:10PM - 12:55PM Physiques Group Room</p>	<p> BODYFLOW 12:40PM - 12:55PM Physiques Group Room</p>	<p> BODYCOMBAT 3:45PM - 4:15PM Physiques Group Room</p>			
<p> BODYPUMP 4:30PM - 5:30PM Physiques Group Room</p>	<p> GRIT 3:45PM - 4:15PM Physiques Group Room</p>	<p> BODYCOMBAT 3:45PM - 4:15PM Physiques Group Room</p>	<p> BODYFLOW 4:30PM - 5:30PM Physiques Group Room</p>			
<p> Les Mills Fitness 5:40PM - 6:25PM Physiques Group Room</p>	<p> BODYFLOW 4:30PM - 5:30PM Physiques Group Room</p>	<p> BODYPUMP 4:30PM - 5:30PM Physiques Group Room</p>	<p> BODYCOMBAT 5:40PM - 6:10PM Physiques Group Room</p>			
<p> GRIT 6:30PM - 7:00PM Physiques Group Room</p>	<p> BODYCOMBAT 5:40PM - 6:10PM Physiques Group Room</p>	<p> BODYFLOW 5:30PM - 6:00PM Physiques Group Room</p>	<p> CORE 6:10PM - 6:25PM Physiques Group Room</p>			
	<p> CORE 6:10PM - 6:40PM Physiques Group Room</p>	<p> BODYFLOW 6:40PM - 7:10PM Physiques Group Room</p>	<p> BODYPUMP 6:25PM - 7:25PM Physiques Group Room</p>			

LES MILLS
BODYSTEP ATHLETIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.



Amp up your workout with some high energy dance moves. Dance Fitness includes music from all genres to get your feet moving and your heart-rate pumping. It's easy to follow along and when in doubt, bust out a few of your own dance moves and just have a good time.



Targeted for 65 and older. Cardio and Strength

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYFLOW

Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
CORE

Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.

LES MILLS
GRIT | **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

LES MILLS
GRIT

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

LES MILLS
GRIT | **STRENGTH**

High-intensity interval training designed to improve strength and build lean muscle.



Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

Family Friendly Combat/Grit Family Friendly Class
Parents can enjoy with their Children ages 5 & Up..
Must be with an adult over 18

Monday-Thursday 3:45p.m.
Saturday Mornings



870-234-3488 1010 N. Dudney,
Suite E