

# WELLNESS SCHEDULE



## PHYSIQUE 57 RESIDENCY - MARCH

Wednesdays and Fridays at 7:30 AM

Wednesdays, Thursdays and Fridays at 5:30 PM

Saturdays at 9:30 AM

Transform your body in just 60 minutes with a full-body fusion workout that combines core-focused and barre-inspired movements—no barre required. Using only your body weight, this science-backed method delivers long, lean muscle definition through low-impact intervals.

**SCAN THE QR CODE TO LEARN MORE.**



**GUERLAIN**  
WELLNESS SPA