

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Sweat Cycle + TRX  Sweat Strength	Sweat Recovery	Sweat Cycle 45  Row!	Sweat Yoga	Sweat Cycle 45  Sweat Boxing		
6:30am		TRX + Abs		TRX + Abs			
7:00am	Sweat Cycle 45		Sweat Camp 45		Sweat HIIT		
8:30am						TRX Challenge	
9:00am	Forever Fit	SWEAT LIVE Core	Forever Fit	SWEAT LIVE Core		CTGF	
9:45am	Sweat Camp 45		Open Sweat Cycle		Sweat Camp 45	Sweat Barre	
10:05am		Sweat Strength		Sweat Strength			
10:15am						Sweat Cycle 55	
10:30am	RSB ALL LEVELS		RSB ALL LEVELS		RSB ALL LEVELS		
10:45am						SWEAT LIVE RSB	
11:00am							Sweat Camp
11:45am	RSB ALL LEVELS		RSB ALL LEVELS		RSB ALL LEVELS		
12:00pm	SWEAT LIVE Total Body	Sweat Strength	SWEAT LIVE Total Body	Sweat Strength	SWEAT LIVE Total Body		SWEAT Yoga+ LIVE (2nd and 4th Sundays)
12:30pm		Open Sweat Cycle		Open Sweat Cycle			
1:00pm	RSB LEVELS 1/2		RSB LEVELS 1/2		RSB LEVELS 1/2		
1:15pm		RSB LEVELS 1/2		RSB LEVELS 1/2			
2:15pm			SWEAT LIVE-RSB				
2:30pm		RSB ALL LEVELS		RSB ALL LEVELS			
5:15pm					Sweat Camp 45		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm	Sweat Cycle 45	Triple Play	Sweat Cycle 45	Triple Play			
5:45pm	TRX Challenge		Sweat Strength				
6:00pm	CTGF		CTGF				
6:15pm		Lower Body & Core		Lower Body & Core			