

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Sweat Cycle + TRX  Sweat Strength		Open Sweat Cycle  Row!	Sweat Yoga	Sweat Cycle 45  Sweat Boxing		
6:15am		TRX + Abs	Sweat Camp 45	TRX + Abs			
7:00am					Sweat HIIT		
7:15am						Sweat Boxing	
8:30am						TRX Challenge	
9:00am	Forever Fit	Open Sweat Cycle	Forever Fit	Open Sweat Cycle			SWEAT LIVE Yoga (2nd and 4th Sunday)
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		
11:00am							Sweat Camp 45
11:45am	RSB ALL LEVELS		RSB ALL LEVELS		RSB ALL LEVELS		
12:00pm	Sweat Camp 45	Sweat Strength	Sweat Camp 45	Sweat Strength			
12:30pm		Open Sweat Cycle		Open Sweat Cycle			
1:00pm	RSB LEVELS 1/2	BBC	RSB LEVELS 1/2	BBC	RSB LEVELS 1/2		
2:30pm		RSB LEVELS 1/2		RSB LEVELS 1/2			
4:30pm		Sweat Camp					

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