

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Sweat Cycle + TRX  Sweat Strength	Open Row	Open Sweat Cycle  Row!	Sweat Yoga	Sweat Cycle 45  Sweat Boxing		
6:15am		TRX Challenge	Sweat Camp 45	TRX Challenge			
7:00am					Sweat HIIT		
7:15am						Sweat Boxing	
8:30am						TRX Challenge	
9:00am	Senior Fitness	Open Sweat Cycle	Senior Fitness	Open Sweat Cycle			
9:45am	Sweat Camp 45		Sweat Camp 45  Open Sweat Cycle		Sweat Camp 45	Sweat Barre	Sweat Yoga (2nd and 4th Sunday)
10:15am						Sweat Cycle 55	
10:30am	RSB ALL LEVELS	Sweat Strength	RSB ALL LEVELS	Sweat Strength	RSB ALL LEVELS		
11:00am							Sweat Camp 45
11:45am	RSB ALL LEVELS		RSB ALL LEVELS		RSB ALL LEVELS		
12:00pm	Sweat Camp 45						
12:30pm		Open Sweat Cycle		Open Sweat Cycle			
1:00pm	RSB LEVELS 1/2	Senior Fitness	RSB LEVELS 1/2	Senior Fitness	RSB LEVELS 1/2		
2:30pm		RSB LEVELS 1/2		RSB LEVELS 1/2			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30pm		Sweat Camp 45					
5:15pm					Sweat Camp 45		
5:30pm	Sweat Cycle 45	Triple Play REVOLUTION	Sweat Cycle 45	Sweat Camp 45			
5:45pm	TRX Challenge		Sweat Strength				
6:00pm	CTGF	CTGF SPECIAL VAX SESSION	CTGF	CTGF SPECIAL VAX SESSION			