



# SWEAT

## THERAPY FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Triple Play REVOLUTION	Open Gym  TRX Challenge	Open Sweat Cycle  Row!	Sweat Yoga  TRX Challenge	Sweat Cycle 45  Sweat Boxing		
6:15am			Sweat Camp 45				
7:00am	Open Sweat Cycle		Open Sweat Cycle		Sweat HIIT		
8:30am						TRX Challenge	
9:00am	Senior Fitness	Open Sweat Cycle	Senior Fitness	Open Sweat Cycle			
9:45am	Sweat Camp 45	Sweat Strength	Sweat Camp 45	Sweat Strength	Sweat Camp 45	Sweat Cycle + Core + Stretch	Sweat Yoga (1 to 2 Sundays per month)
10:30am	RSB WHITE TEAM		RSB WHITE TEAM		RSB WHITE TEAM		
11:00am							Sweat Camp 45
11:45am	RSB WHITE TEAM		RSB ALL LEVELS WHITE TEAM		RSB WHITE TEAM		
12:30pm		Open Sweat Cycle		Open Sweat Cycle			
1:00pm	RSB BLACK TEAM		RSB BLACK TEAM		RSB BLACK TEAM		
1:15pm		Senior Fitness		Senior Fitness			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:30pm	RSB WHITE TEAM	RSB WHITE TEAM	RSB WHITE TEAM	RSB WHITE TEAM			
5:15pm					Sweat Camp 45		
5:30pm	Sweat Cycle 45	Triple Play REVOLUTION		Sweat Boxing + Strength			
5:45pm	TRX Challenge		Sweat Cycle + Core + Stretch				
6:00pm	CTGF		CTGF				