



SWEAT

THERAPY FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Row + Strength	TRX Challenge	Row!	Sweat Yoga TRX Challenge	Sweat Cycle Sweat Boxing		
6:15am			Sweat Camp 45				
7:00am		Sweat Boxing			Sweat HIIT		
8:30am						Rotating Workouts	
9:00am	Senior Fitness	Senior Fitness	Senior Fitness	Senior Fitness	Senior Fitness		
9:30am						Rotating Workouts	
9:45am	Sweat Camp		Sweat Camp		Sweat Camp		Sweat Yoga (Rotating Weekends)
10:05am		Sweat Camp		Sweat Camp			
10:30am	RSB WHITE TEAM		RSB WHITE TEAM		RSB WHITE TEAM		
11:00am		RSB RED TEAM		RSB RED TEAM			Sweat Camp 45
11:45am	RSB RED TEAM		RSB RED TEAM		RSB RED TEAM		
1:00pm	RSB BLACK TEAM		RSB BLACK TEAM		RSB BLACK TEAM		
1:15pm		Senior Fitness		Senior Fitness			
2:30pm	RSB GRAY TEAM	RSB GRAY TEAM	RSB GRAY TEAM	RSB GRAY TEAM			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15pm					Butts & Guts		
5:45pm	TRX Challenge	Triple Play REVOLUTION	Sweat Strength	Sweat Boxing			
6:00pm	CTGF		CTGF				