



SWEAT

THERAPY FITNESS

SCHEDULE

MONDAY	
6:00am	Row + Strength
9:00am	Senior Fitness
9:45am	Sweat Camp
10:30am	Rock Steady Boxing White Team
11:45am	Rock Steady Boxing Red Team
1:00pm	Rock Steady Boxing Black Team
2:30pm	Rock Steady Boxing Gray Team
5:45pm	Sweat Pump
6:00pm	Commit To Get Fit

TUESDAY	
6:00am	TRX Challenge
7:00am	Sweat Boxing
9:00am	Senior Fitness
10:05am	Sweat Camp
11:00am	Rock Steady Boxing Red Team
1:15pm	Senior Fitness
2:30pm	Rock Steady Boxing Gray Team
5:45pm	Triple Play REVOLUTION

WEDNESDAY	
6:00am	Row
6:15am	Sweat Camp
9:00am	Senior Fitness
9:45am	Sweat HIIT
10:30am	Rock Steady Boxing White Team
11:45am	Rock Steady Boxing Red Team
1:00pm	Rock Steady Boxing Black Team
2:30pm	Rock Steady Boxing Gray Team
5:45pm	Sweat Srength

THURSDAY	
6:00am	TRX Challenge
6:00am	Sweat Yoga
9:00am	Senior Fitness
10:05am	Sweat Camp
11:00am	Rock Steady Boxing Red Team
1:15pm	Senior Fitness
2:30pm	Rock Steady Boxing Gray Team
5:45pm	Sweat Boxing
6:00pm	Commit To Get Fit

FRIDAY	
6:00am	Sweat Boxing
6:00am	Sweat Cycle
7:00am	Sweat HIIT
9:00am	Senior Fitness
9:45am	Sweat Camp
10:30am	Rock Steady Boxing White Team
11:45am	Rock Steady Boxing Red Team
1:00pm	Rock Steady Boxing Black Team
5:30pm	Butts & Guts

SATURDAY	
8:30am	Rotating Workouts
9:30am	Rotating Workouts

SUNDAY	
9:45am	Sweat Yoga (Rotating Weekends)
11:00am	Rotating Workouts