

QUEEN VILLAGE

JULY 2018

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	8:00-9:00am Guided Meditation Jann	8:30-9:45am Ringside Madness Donna Storm
6:00-6:45am SWEAT Cycling Laura Deriggi	6:00-7:00am Ramp It Up! Maria	6:00-6:45am SWEAT Cycling Laura D.	6:00-7:00am Ramp It Up! Mike	6:00-6:45am SWEAT Cycling Laura Deriggi	9:00-10:00am HIIT Samantha	9:00-10:00am SWEAT Cycling Laura Deriggi
10:30-11:30am Vinyasa Yoga David H.	9:00-10:00am Sculpt and Tone Jason	10:00-11:00am Definitions Donna Storm	7:00-8:00am Pilates Nicole	PM	9:00-10:00am SWEAT Cycling Michael D.	10:00-11:15am Vinyasa Yoga Lindsay
PM	PM	PM	PM	12:00-1:00pm SWEATX* See desk for trial	10:00-11:30am Vinyasa Yoga David Hem	<i>* SWEATX is a small group training program that has an extra fee. See the front desk for a free trial.</i>
12:00-1:00pm SWEATX* See desk for trial	12:00-1:00pm SWEATX* See desk for trial	12:00-1:00pm SWEATX* See desk for trial	12:00-1:00pm SWEATX* See desk for trial	6:00-7:00pm SWEATX* See desk for trial	11:00-12:00pm SWEATX* See desk for trial	<i>SWEATFITNESS.COM/SWEATX</i>
5:30-6:30pm Turbo Kick Jenn	6:00-7:00pm SWEATX* See desk for trial	6:00-7:00pm Box and Burn Arielle	5:30-6:45pm Vinyasa Yoga Matt	PM	12:00-1:00pm SWEATX* See desk for trial	First time at Sweat? Your first class is FREE! Please bring valid, local ID. Must be over 18 years of age.
6:00-7:00pm SWEATX* See desk for trial	6:30-7:30pm SWEAT Cycling Krista	6:00-7:00pm SWEATX* See desk for trial	6:00-7:00pm SWEATX* See desk for trial	Kids Club: <i>Mon thru Fri:</i> 8:30am-12pm	12:00-1:00pm SWEATX* See desk for trial	Drop-ins: \$25.00 for non-members.
6:30-7:30pm SWEAT Cycling Michael D.	6:30-7:30pm Zumba Kesha	6:30-7:30pm SWEAT Cycling Michael D.	7:00-8:00pm Power Pump Arielle	<i>Mon & Wed:</i> 4:00pm-8pm	PM	Key:
6:30-7:30pm Turbo Warrior Laura D.	7:30-8:00pm Core Kesha			<i>Sat:</i> 8:00am-12pm		N New Instructor
7:30-8:30pm Yoga Jann						📅 New Class
						⌚ New Time
						\$ Paid Classes

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