

ONE SOUTH BROAD TENTATIVE OPENING SCHEDULE

www.sweatfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30am Sunrise Yoga TBA	6:30-7:30am Plyo TBA	7:00-8:00am Kickbox TBA	6:30-7:30am Plyo TBA	6:30-7:30am Barre TBA	9:00-10:00am Sweat Dance Party TBA	8:30-10:00am Ringside Madness TBA
7:00-8:00am SWEAT Cycling TBA	6:30-7:30am SWEAT Cycling TBA	9:00-10:00am SWEAT Cycling TBA	9:30-8:30am Butts and Guts TBA	7:00-8:00am Sunrise Yoga TBA	10:00-11:00am SWEAT Cycling TBA	9:30-10:30am Pilates TBA
10:15-11:15am Core/Cardio/Chisel TBA		12:00-1:00pm Barre TBA			11:00-12:00pm Weekend Warrior TBA	10:00-11:00am Yoga TBA
12:00-1:00pm Yoga TBA	12:15-1:15pm Pilates TBA	1:30-2:30pm Yoga TBA	12:15-1:15pm Barre TBA	12:00-1:00pm SWEAT Cycling/Body Pump TBA	12:00-1:00pm Weekend Warrior TBA	Classes and times are subject to change.
12:30-1:30pm Bootcamp TBA	5:30-6:30pm Turbo Kick TBA	4:30-6:30pm Pilates TBA	4:00-5:00pm Yoga TBA	1:00-2:00pm RAW TBA	4:00-5:00pm Yoga TBA	
5:15-6:15pm Pilates TBA	6:00-7:00pm Super Strong TBA	5:30-6:30pm SWEAT Cycling TBA	6:00-7:00pm Super Strong TBA	1:30-2:30pm Yoga TBA		<p>SWEAT FITNESS</p> <p>First time at Sweat? Your first class is FREE! Please bring valid, local ID. Must be over 18 years of age.</p> <p>Drop-ins: \$20.00 for non-members.</p>
5:30-6:30pm SWEAT Cycling TBA	6:30-7:30pm Sculpt TBA	6:00-7:00pm HIIT TBA	6:30-7:30pm Sweat CYcling TBA			
6:00-7:00pm Sweat Dance Party TBA	7:30-8:30pm Yoga TBA	7:00-8:00pm Yoga TBA				
7:30-8:30pm Barre TBA						

Key:

● New Instructor

📅 New Class

🕒 New Time

Pilates Studio

Aerobic Studio

Cycling Studio

KING OF PRUSSIA
217 W. CHURCH RD.
610.337.9328

MANAYUNK
4151 MAIN ST.
215.487.7100

CONSHOHOCKEN
200 W. RIDGE
610.941.3600

OLD CITY
45 N 3RD ST.
215.923.8763

QUEEN VILLAGE
700 PASSYUNK
215.627.5600

SOUTH PHILLY
1509 E. PASSYUNK
215.271.0303

FITLER SQUARE
200 S. 24TH ST.
215.351.0100

ONE SOUTH BROAD
1 SOUTH BROAD ST.
215.564.0303