

QUEEN VILLAGE

AUGUST 2019

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	9:00-10:00am HIIT Beverly	N 8:30-9:45am Ringside Madness Donna Storm
6:00-6:45am SWEAT Cycling Laura Deriggi	6:00-7:00am Ramp It Up! Meghan	6:00-6:45am SWEAT Cycling Laura D.	6:00-7:00am Ramp It Up! Meghan	6:00-6:45am SWEAT Cycling Laura Deriggi	9:00-10:00am SWEAT Cycling Cheyenne	9:00-10:00am SWEAT Cycling Laura
9:30-10:30am Yoga Jen	9:00-10:00am Intervals Felicia	10:00-11:00am Definitions Donna Storm			10:00-11:15am Vinyasa Yoga Lindsay	N 10:00-11:15am Vinyasa Yoga Collette
	10:15-11:15am Yoga Lindsay		PM	PM		
			12:00-1:00pm SWEATX* See desk for trial	12:00-1:00pm SWEATX* See desk for trial	11:00-12:00pm SWEATX* See desk for trial	* SWEATX is a small group training program that has an extra fee. See the front desk for a free trial.
12:00-1:00pm SWEATX* See desk for trial		12:00-1:00pm SWEATX* See desk for trial	5:30-6:30pm Vinyasa Yoga Matt	6:00-7:00pm SWEATX* See desk for trial		SWEATFITNESS.COM/SWEATX
5:30-6:30pm Box and Burn Beverly	12:00-1:00pm SWEATX* See desk for trial	6:30-7:30pm Sweat HIIT Laura D.	6:00-7:00pm SWEATX* See desk for trial		12:00-1:00pm SWEATX* See desk for trial	
6:00-7:00pm SWEATX* See desk for trial	6:00-7:00pm SWEATX* See desk for trial	6:00-7:00pm 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.
6:30-7:30pm SWEAT Cycling Michael D.	6:30-7:30pm SWEAT Cycling Krista	6:30-7:30pm SWEAT Cycling Michael D.				
6:30-7:30pm Turbo Warrior Laura D.	6:30-7:30pm Zumba Kesha					
7:30-8:30pm Yoga MJ	7:30-8:00pm Core Kesha					
						Drop-ins: \$25.00 for non-members.
						Key: N New Instructor 📅 New Class 🕒 New Time \$ Paid Classes

QUEEN VILLAGE
700 EAST PASSYUNK
215.627.5600

SOUTH PHILLY
1509 EAST PASSYUNK
215.271.0303

OLD CITY
45 NORTH 3RD ST.
215.923.8763

ONE SOUTH BROAD
1 SOUTH BROAD ST.
215.564.0303

FITLER SQUARE
200 SOUTH 24TH ST.
215.351.0100

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4151 MAIN ST.
215.487.7100