




 <b>Sweat FITNESS</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6:00 AM</b>							
<b>7:00 AM</b>		7:00am-8:00am Metabolic Conditioning 	7:30am-8:30am Barre Ballet		7:30am-8:30am Barre Ballet		
<b>8:00 AM</b>							
<b>9:00 AM</b>							
<b>10:00 AM</b>							10:00am-11:00am Boot Camp 
<b>11:00 AM</b>							11:00am-12:00am Metabolic Conditioning 
<b>12:00 PM</b>							
<b>1:00 PM</b>							
<b>2:00 PM</b>							
<b>3:00 PM</b>							
<b>4:00 PM</b>							
<b>5:00 PM</b>		5:30pm-6:30pm Power Flow Yoga					
<b>6:00 PM</b>		6:30pm-7:30pm Barre Ballet			6:00pm-7:00pm Power Flow Yoga		
<b>7:00 PM</b>				7:30pm-8:30pm Cardio Sculpt 	7:15pm-8:15pm Pilates		
 <b>Indicates classes that are included in your Sweat Fitness Membership</b>							
If you have any questions or suggestions about the schedule and class times, please call 409-209-0016. We look forward to hearing from you and seeing your smiling faces at The Studio by Sweat Fitness!							

