

May S.W.E.A.T. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AT PURE SWEAT, IT IS OUR MISSION TO HELP YOU BECOME STRONGER, MORE FIT, AND TO HELP PREPARE YOU TO TACKLE LIFE'S CHALLENGES!	SWEAT 5:30am Tom	SWEAT 5:30am Andrew	SWEAT 5:30am Andrew	SWEAT 5:30am Andrew	SWEAT 530am Tom	SWEAT 9:00am Scott
	SWEAT 9am Scott		SWEAT 9am Scott		SWEAT 9:00am Scott	
	SWEAT 5:30pm Scott	SWEAT 5:30pm Scott		SWEAT 5:30pm Scott		
			SWEAT 5:30pm Scott			



S.W.E.A.T. uses high intensity interval training in its programs! Our S.W.E.A.T. exercises can be modified for beginners and more advanced members.

INTERESTED IN OUR CLASSES BUT DON'T KNOW WHERE TO START? ASK OUR COACHES OR STOP BY THE FRONT DESK AND INQUIRE ABOUT YOUR 6 FREE CLASSES!