

THE SWEATSHOP

TRAINING • FITNESS • WELLNESS

BEGINS 9/12/16

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	HOURS	SATURDAY	SUNDAY	
GROUP FITNESS	5:30am	BOOTCAMP Denise		LES MILLS BODYPUMP Maggie		LES MILLS BODYCOMBAT Jocelyn	↓ 7:30am 8:00am 9:00am			
	7:30am	LES MILLS BODYVIVE Katie	LES MILLS BODYPUMP Allison	LES MILLS BODYVIVE Katie	LES MILLS BODYSTEP Giovanna	LES MILLS BODYFLOW Allison		LES MILLS BODYSTEP ATHLETIC (30 min) Olivia	LES MILLS CXWORX Tiffany	
	8:30am							LES MILLS BODYPUMP Denise	LES MILLS BODYCOMBAT Tiffany 45 mins	
	9:00am	LES MILLS BODYPUMP Jenna	LES MILLS CXWORX LES MILLS BODYCOMBAT 15/45 Tiffany	LES MILLS BODYSTEP Olivia	LES MILLS BODYFLOW Allison	LES MILLS BODYPUMP Danielle		LES MILLS SH'BAM Danielle	LES MILLS BODYFLOW Tiffany (8:45am) 45 mins	
	10:00am	Silver Strength Katie		Silver Strength Katie		Silver Strength Katie				
	5:00pm	LES MILLS BODYSTEP LES MILLS BODYFLOW 30/30 Olivia		PiYO LIVE Amy	LES MILLS BODYPUMP Mariah	LES MILLS CXWORX Mariah				
	6:00pm	LES MILLS BODYPUMP Giovanna	LES MILLS BODYJAM Danielle	Yoga Laurel	LES MILLS BODYCOMBAT Denise					
CYCLE/RPM										
RPM	5:30am		LES MILLS RPM LES MILLS CXWORX 45/15 Maggie							
	9:00am	LES MILLS RPM Allison				CYCLE Katrina	9:00am	LES MILLS RPM Mariah		
	5:00pm		LES MILLS RPM Mariah							
SMALL GROUP TRAINING										
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
SGT	6am		Kettlebells Mike R.	LES MILLS GRIT Denise	Kettlebells Tiffany	MetCon Sonja				
	7:15am							TRX/Rip Denise 7:15		
	8:30am	LES MILLS GRIT TRX YOGA 25/20 Danielle		LES MILLS sprint Pamela	Kettlebells Tiffany	LES MILLS GRIT Allison				
	5:30pm	LES MILLS GRIT TRX YOGA 25/20 Danielle	TRX/Rip Denise	Sweat 360 Christine	LES MILLS GRIT Denise	LES MILLS sprint Mariah				

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FOR THE MOST UP TO DATE SCHEDULE INFORMATION VISIT WWW.THESWEATSHOPNH.COM/SCHEDULE