

# THE SWEATSHOP

TRAINING • FITNESS • WELLNESS

**BEGINS 11/28/16**

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

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