

KnowSweat Fitness Studio
and Weight Loss Center
Schedule of Classes
www.knowsweatworkouts.com
578-1550

Monday

6:00-7:00 p.m. Tae-Robics
7:00-8:00 p.m. KickStart/*Live Smart* Weight Loss Class

Tuesday

6:00-7:00 p.m. Tae-Robics
7:15- 8:30 p.m. Gym Fighters

Wednesday

6:00- 7:15 p.m. ICE/Tae-Robics
7:15- 8:30 p.m. KickStart/*LiveSmart* Weight Loss Class

Thursday

6:00- 7:15 p.m. ICE/Tae-Robics
7:15 - 8:30 p.m. Gym Fighters

Friday

8:00-9:00 a.m. Boot Camp

Saturday

8:00- 9:15 a.m. ICE/Tae-Robics
10:00- 11:30 a.m. Gym Fighters