

INTENSITY FITNESS

SUGAR LAND, TX

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MEAL PLANS - FREE FITNESS ASSESMENT - NUTRITIONAL ADVICE - NO CONTRACTS-

FITNESS PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING CLASSES							
6:00a							
7:00a		\$10 Cardio Blast Body Weight training! 6:00am - 6:30am					
7:30a	\$10 Cardio Blast Body Weight training! 7:30am - 8:00am		\$10 Cardio Blast Body Weight training! 7:30am - 8:00am		\$10 Cardio Blast Body Weight training! 7:30am - 8:00am		
8:00a							
8:30a	\$15 Advance Weight Training 8:00am - 9:00am		\$15 Advance Weight Training 8:00am - 9:00am		\$5 Abs and Core. 8:00am - 8:30am		
8:45a							
9:00a							
9:30a		\$5 Full Body Boot-Camp 9:30am - 10:00am					
10:00a							
10:30a	\$5 Mostly Upper Body workout! Pt1 10:30 - 11:00		\$5 Mostly Lower Body workout! Pt1 10:30 - 11:00		\$5 Full Body Body workout! Pt1 10:30 - 11:00		
11:00a	\$5 Mostly Upper Body workout! Pt2 10:30 - 11:00		\$5 Mostly Lower Body workout! Pt2 10:30 - 11:00		\$5 Full Body Body workout! Pt2 10:30 - 11:00		
11:30a							
NOON							
12:30p							
1:00p	R.S.V.P IS REQUIRED for all classes VISIT MEETUP.COM						
EVENING CLASSES							
4:00p							
4:30p							
5:00p							
5:30p					\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm		
6:00p	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30	\$10 Full Body Bootcamp Pt2 6:00 pm - 6:30pm		
6:30p	\$10 Mostly Upper Body workout! Pt2 6:30 - 7:00	\$10 Mostly Upper Body workout! Pt2 6:30 - 7:00pm	\$10 Mostly Lower Body workout! Pt2 6:30 - 7:00	\$10 Mostly Lower Body workout! Pt2 6:30 - 7:00			
7:00p							
7:30p							
8:00p	R.S.V.P IS REQUIRED for all classes VISIT MEETUP.COM						
8:30p							