INTENSITY FITNESS SUGAR LAND. TX

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

			FITNE	SS PROGRAN	$\sqrt{1}$		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDA
:00a			EARL	Y MORNING CLASSES			
3.00a		\$10 Cardio Blast					
		Body Weight					
7:00a		training! 6:00am - 6:30am					
		6:00am - 6:30am					
				1			
	\$10 Cardio Blast		\$10 Cardio Blast		\$10 Cardio Blast		
7:30a	Body Weight training!		Body Weight training!		Body Weight training!		
	7:30am - 8:00am		7:30am - 8:00am		7:30am - 8:00am		
3:00a							
	635 64		015.03		\$5 Abs and Core.		
3:30a	\$15 Advance Weight Training		\$15 Advance Weight Training		8:00am - 8:30am		
8:45a	8:00am - 9:00am		8:00am - 9:00am				
9:00a							
9:30a		\$5 Full Body Boot-Camp					
		9:30am - 10:00am					
0:00a							
	\$5 Mostly Upper		\$5 Mostly Lower		\$5 Full Body Body		
0:30a	Body workout! Pt1 10:30 - 11:00		Body workout! Pt1 10:30 - 11:00		workout! Pt1 10:30 - 11:00		
1:00a	\$5 Mostly Upper		\$5 Mostly Lower		\$5 Full Body Body		
	Body workout! Pt2		Body workout! Pt2		workout! Pt2		
1:30a	10:30 - 11:00		10:30 - 11:00		10:30 - 11:00		
NOON		l					
2:30p		l.					
2:30p	R.S.V.P IS RE	EQUIRED for a		VISIT MEET	TUP.COM		
2:30p	R.S.V.P IS RE	EQUIRED for a		VISIT MEET	TUP.COM		
2:30p l:00p	R.S.V.P IS RE	QUIRED for a			TUP.COM		
2:30p 1:00p 1:00p	R.S.V.P IS RE	EQUIRED for a			TUP.COM		
2:30p 1:00p 1:00p 1:30p	R.S.V.P IS RE	EQUIRED for a			TUP.COM		
2:30p 1:00p 4:00p	R.S.V.P IS RE	EQUIRED for a					
2:30p 1:00p 1:00p 1:30p	R.S.V.P IS RE	EQUIRED for a			\$10 Full Body Bootcamp Pt1		
1:00p 4:00p 4:30p 5:00p	R.S.V.P IS RE	EQUIRED for a			\$10 Full Body		
2:30p 1:00p 1:00p 1:00p 1:30p 5:00p	\$10 Mostly Upper	\$10 Mostly Upper	\$10 Mostly Lower	ENING CLASSES	\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm \$10 Full Body		
2:30p 1:00p 1:00p 1:30p			EVE	ENING CLASSES	\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm		
2:30p 1:00p 1:00p 1:30p 3:00p	\$10 Mostly Upper Body workout! Pt1	\$10 Mostly Upper Body workout! Pt1	\$10 Mostly Lower Body workout! Pt1	\$10 Mostly Lower Body workout! Pt1	\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm \$10 Full Body Bootcamp Pt2		
2:30p :00p ::00p ::30p ::30p ::30p	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper Body workout! Pt2	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper Body workout! Pt2	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower Body workout! Pt2	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower Body workout! Pt2	\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm \$10 Full Body Bootcamp Pt2		
2:30p :00p ::00p ::30p ::00p ::30p	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower	\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm \$10 Full Body Bootcamp Pt2		
2:30p :00p ::00p ::30p ::30p	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper Body workout! Pt2	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper Body workout! Pt2	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower Body workout! Pt2	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower Body workout! Pt2	\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm \$10 Full Body Bootcamp Pt2		
::30p ::00p ::30p ::00p ::30p ::00p ::30p	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper Body workout! Pt2	\$10 Mostly Upper Body workout! Pt1 6:00 - 6:30 \$10 Mostly Upper Body workout! Pt2 6:30 - 7:00pm	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower Body workout! Pt2 6:30 - 7:00	\$10 Mostly Lower Body workout! Pt1 6:00 - 6:30 \$10 Mostly Lower Body workout! Pt2	\$10 Full Body Bootcamp Pt1 5:30 pm - 6:00pm \$10 Full Body Bootcamp Pt2 6:00 pm - 6:30pm		