
February 11, 2026

SWEAT440 opens new location in West Palm Beach's Nora District

40-minute strength training classes start every 10 minutes at the new Nora District studio! You can literally never be late...



SWEAT440 opens new location at Nora District in West Palm Beach

By [Megan Hayes](#)

If you're looking to get stronger, feel more confident, and stay consistent, this is your spot! [SWEAT440](#) offers 40-minute strength training classes that start every 10 minutes, so you're #NEVERLATE. Just show up and jump in!

The weekly programming combines functional training, resistance, and conditioning for real results. Whether you're new to working out or already experienced, the coaches and community make every class feel motivating and energizing.

Plus, there's convenient free parking around the studio in the Nora District.

Sign up for your first class for FREE and learn more at [sweat440.com](#)!

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