

























SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 STRENGTH 5:30AM	 BURN 5:30AM	 FOUNDATION 5:30AM	 BURN 5:30AM		 BURN 8:00AM	 STRENGTH 8:00AM
 BURN 9:30AM	 FOUNDATION 9:30AM	 STRENGTH 9:30AM	 FOUNDATION 9:30AM		 STRENGTH 9:00AM	 BURN 9:00AM
					 FOUNDATION 10:00AM	 FOUNDATION 10:00AM
 BURN 6:00PM	 FOUNDATION 6:00PM	 STRENGTH 6:00PM	 BURN 6:00PM			
 STRENGTH 7:00PM	 BURN 7:00PM	 FOUNDATION 7:00PM	 STRENGTH 7:00PM			

All sessions require a reservation.
Schedule subject to change.

PLAN - PERFORM - PROGRESS