






















# SCHEDULE/Bristol

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 FOUNDATION 6:00am		 STRENGTH 6:30am	 BURN 6:00am	 SGT 6:30am	 EXCLUSIVE 8:30am	 FOUNDATION 8:30am
 BURN 9:30am	 STRENGTH 9:30am	 FOUNDATION 9:30am	 EXCLUSIVE 9:30am		 STRENGTH 10:00am	 SGT 10:00am
 EXCLUSIVE 5:30pm	 FOUNDATION 5:30pm	 SGT 6:30pm	 STRENGTH 5:30pm	 BURN 5:30pm		
 STRENGTH 7:00pm	 BURN 7:00pm					

All sessions require a reservation. Schedule subject to change