
























SCHEDULE/Bristol

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 FOUNDATION Eric 6:00am	 STRENGTH Lia 6:00am	 BURN Eric 6:30am	 STRENGTH Sam L. 6:00am	 BURN Ryan 6:30am		 FOUNDATION Kemar 8:30am
 BURN Eric 9:30am	 BURN Elizabeth 8:30am	 FOUNDATION D'Andre 9:30am	 STRENGTH Lia 9:30am		 BURN Sam S. 8:30am	 BURN Kevin 10:00am
 BURN Ryan 6:00PM	 STRENGTH Sam L. 4:30 PM	 BURN Ryan 6:00PM	 STRENGTH Eric 5:30pm	 BURN Sam S. 5:30pm	 STRENGTH Sam S. 10:00am	
 STRENGTH Kevin 7:00pm	 FOUNDATION Kevin 5:30pm					
	 BURN Elizabeth 7:00 PM					