


































# SCHEDULE/Christiana

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 STRENGTH 5:00am	 STRENGTH 5:30am	 SGT 5:00am	 FOUNDATION 6:30am	 FOUNDATION 5:30am	 SGT 8:30am	 BURN 7:00am
 FOUNDATION 6:30am	 SGT 6:30am	 STRENGTH 6:30am	 STRENGTH 8:00am	 SGT 6:30am	 STRENGTH 10:00am	 FOUNDATION 8:30am
 STRENGTH 8:00am	 FOUNDATION 8:00am	 STRENGTH 8:00am	 SGT 9:30am	 STRENGTH 9:30am		 SGT 10:00am
 SGT 9:30am	 STRENGTH 9:30am	 STRENGTH 11:00am	 STRENGTH 5:30pm	 FOUNDATION 5:30pm		
 STRENGTH 5:30pm	 SGT 5:30pm	 FOUNDATION 9:30am				
 SGT 7:00pm		 SGT 5:30pm				
		 STRENGTH				

All sessions require a reservation.  
Schedule subject to change.