

























SCHEDULE/Cranston

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