




























SCHEDULE/Danbury

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

All sessions require a reservation. Schedule subject to change