




























SCHEDULE/Danbury

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

All sessions require a reservation. Schedule subject to change