





























SCHEDULE/Danbury

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 STRENGTH Armin 5:30am	 BURN Nicole 5:30am	 FOUNDATION Megan 5:30am	 STRENGTH Armin 6:00am	 BURN Megan 6:00am	 STRENGTH Anthony 10:00am	 FOUNDATION Armin 8:30am
 FOUNDATION Nicole 6:30am	 STRENGTH Megan 9:30am	 STRENGTH Jakob 8:00am	 BURN Benjamin 9:30am	 FOUNDATION Zachary 8:30am		 BURN Kenny 10:00am
 BURN Zachary 9:30am		 BURN Jakob 9:30am		 BURN Dany 9:30am		
 FOUNDATION Anthony 5:30pm	 BURN Jamal 5:30pm	 STRENGTH Anthony 5:30pm	 BURN Zachary 5:30pm	 BURN Geams 5:30pm		
 STRENGTH Justin 6:30pm	 STRENGTH Anthony 7:00pm	 BURN Justin 7:00pm	 STRENGTH Justin 6:30pm			
 BURN Dany 7:30pm			 FOUNDATION Dany 7:30pm			