
























SCHEDULE/ Derby

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

All sessions require a reservation. Schedule subject to change