























SCHEDULE/ Derby

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