





















SCHEDULE/Glastonbury

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

All sessions require a reservation. Schedule subject to change.

Thank you for enrolling in Edge Strong today!