




















# GLASTONBURY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>FOUNDATION</b> 6:30AM	 <b>STRENGTH</b> 5:30AM	 <b>BURN</b> 6:30AM	 <b>STRENGTH</b> 5:30AM	 <b>STRENGTH</b> 6:30AM	 <b>STRENGTH</b> 7:30AM	 <b>BURN</b> 8:00AM
	 <b>BURN</b> 9:30AM		 <b>STRENGTH</b> 9:30AM		 <b>FOUNDATION</b> 9:30AM	 <b>FOUNDATION</b> 9:30AM
 <b>STRENGTH</b> 5:30PM	 <b>BURN</b> 5:30PM		 <b>BURN</b> 5:30PM			
 <b>BURN</b> 7:00PM	 <b>FOUNDATION</b> 7:00PM	 <b>STRENGTH</b> 6:30PM				

All sessions require a reservation 49 hours in advance via The Edge APP. Schedule subject to change. Strong class additional fee required all memberships.

**PLAN - PERFORM - PROGRESS**