




















# SCHEDULE/ Greenwich

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>BURN</b> 6:30am	 <b>FOUNDATION</b> 6:30am	 <b>STRENGTH</b> 6:30am	 <b>SGT</b> 6:30am	 <b>BURN</b> 6:30am	 <b>SGT</b> 7:30am	 <b>EXCLUSIVE</b> 10:00am
 <b>SGT</b> 10:30am	 <b>EXCLUSIVE</b> 7:30pm	 <b>BURN</b> 5:30pm	 <b>SGT</b> 6:30pm	 <b>STRENGTH</b> 10:30am	 <b>BURN</b> 8:30am	
 <b>STRENGTH</b> 5:30pm		 <b>STRENGTH</b> 6:30pm		 <b>EXCLUSIVE</b> 5:30pm	 <b>STRENGTH</b> 11:30am	

All sessions require a reservation. Schedule subject to change