




























SCHEDULE/Hamden

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 EXCLUSIVE 6:00am	 SGT 6:30am	 STRENGTH 6:30am	 FOUNDATION 6:30am	 SGT 5:30am	 SGT 7:00am	 STRENGTH 7:00am
 EXCLUSIVE 9:30am	 STRENGTH 9:30am	 FOUNDATION 9:30am	 EXCLUSIVE 9:30am	 STRENGTH 8:00am	 STRENGTH 9:00am	 EXCLUSIVE 10:30am
 STRENGTH 5:30pm	 FOUNDATION 5:30pm	 SGT 5:30pm	 STRENGTH 5:30pm	 EXCLUSIVE 9:30am	 EXCLUSIVE 10:30am	 EXCLUSIVE 1:30pm
 FOUNDATION 7:00pm	 EXCLUSIVE 7:00pm	 STRENGTH 7:00pm	 EXCLUSIVE 7:00pm			

All sessions require a reservation. Schedule subject to change