























# SCHEDULE/Hamden

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BURN 6:00am	 STRENGTH 6:30am	 BURN 6:00am	 FOUNDATION 6:00am	 BURN 5:00am		 FOUNDATION 7:00am
 STRENGTH 8:00am	 BURN 7:30am	 FOUNDATION 8:00am	 STRENGTH 9:00am	 FOUNDATION 8:00am	 BURN 9:00am	 STRENGTH 10:30am
 STRENGTH 5:00pm	 FOUNDATION 5:30pm	 STRENGTH 5:30pm	 BURN 4:30pm			
 FOUNDATION		 BURN	 FOUNDATION			