






















SCHEDULE/Manchester

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|---|--|---|
|  FOUNDATION 6:30am |  SGT 6:30am |  STRENGTH 6:30am |  EXCLUSIVE 9:30am |  SGT 6:30am |  EXCLUSIVE 8:30am |  FOUNDATION 8:30am |
|  FOUNDATION 9:30am |  EXCLUSIVE 9:30am |  EXCLUSIVE 9:30am |  EXCLUSIVE 5:30pm |  FOUNDATION 5:30pm |  STRENGTH 10:00am |  EXCLUSIVE 10:00am |
|  STRENGTH 5:30pm |  FOUNDATION 5:30pm |  SGT 5:30pm | | |  EXCLUSIVE 2:30pm | |
| |  EXCLUSIVE 7:00pm | | | | | |

All sessions require a reservation. Schedule subject to change