























SCHEDULE/Manchester

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 EXCLUSIVE 6:30am		 EXCLUSIVE 6:00am	 SGT 6:30am	 EXCLUSIVE 8:30am	 FOUNDATION 8:30am
 FOUNDATION 9:30am	 EXCLUSIVE 9:30am	 EXCLUSIVE 9:30am	 EXCLUSIVE 9:30am			 EXCLUSIVE 10:00am
 STRENGTH 3:00pm		 SGT 5:30pm			 EXCLUSIVE 2:30pm	
 STRENGTH 5:30pm	 FOUNDATION 5:30pm	 BURN 5:30pm	 STRENGTH 5:30pm	 BURN 5:30pm		
 EXCLUSIVE 7:00pm	 EXCLUSIVE 7:00pm					

All sessions require a reservation. Schedule subject to change