






















# SCHEDULE/Manchester

| Monday                                                                                                            | Tuesday                                                                                                        | Wednesday                                                                                                      | Thursday                                                                                                            | Friday                                                                                                           | Saturday                                                                                                            | Sunday                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                                                                                                                   | <br><b>STRENGTH</b><br>6:00AM |                                                                                                                | <br><b>BURN</b><br>6:00am        | <br><b>BURN</b><br>6:30am     | <br><b>STRENGTH</b><br>8:30am    | <br><b>FOUNDATION</b><br>8:30am |
| <br><b>STRENGTH</b><br>9:00AM    | <br><b>BURN</b><br>7:30AM     | <br><b>BURN</b><br>7:30AM     | <br><b>FOUNDATION</b><br>9:00AM  |                                                                                                                  | <br><b>FOUNDATION</b><br>10:00AM | <br><b>BURN</b><br>10:00AM      |
| <br><b>STRENGTH</b><br>5:00pm    | <br><b>BURN</b><br>6:00pm     | <br><b>STRENGTH</b><br>5:00pm |                                                                                                                     | <br><b>STRENGTH</b><br>6:00pm |                                                                                                                     |                                                                                                                    |
| <br><b>FOUNDATION</b><br>7:00pm | <br><b>STRENGTH</b><br>7:30PM | <br><b>BURN</b><br>7:30pm     | <br><b>FOUNDATION</b><br>7:00pm |                                                                                                                  |                                                                                                                     |                                                                                                                    |