



















# SCHEDULE/Meriden

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>STRENGTH</b> 5:30pm	 <b>FOUNDATION</b> 5:30am	 <b>STRENGTH</b> 6:30am	 <b>BURN</b> 9:30am	 <b>HIT</b> 9:30am	 <b>STRENGTH</b> 10:00am	 <b>HIT</b> 7:30am
 <b>HIT</b> 7:00pm	 <b>BURN</b> 9:30am	 <b>FOUNDATION</b> 9:30am	 <b>STRENGTH</b> 5:30pm		 <b>BURN</b> 11:00am	
	 <b>FOUNDATION</b> 5:30pm	 <b>HIT</b> 5:30pm				
	 <b>SGT</b> 7:00pm	 <b>STRENGTH</b> 7:00pm				

All sessions require a reservation. Schedule subject to change