























SCHEDULE/Meriden

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