





















# SCHEDULE/ Norwalk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>BURN</b> 6:00am	 <b>SGT</b> 7:00am	 <b>FOUNDATION</b> 9:00am	 <b>EXCLUSIVE</b> 6:00am	 <b>SGT</b> 7:00am	 <b>EXCLUSIVE</b> 9:30am	 <b>FOUNDATION</b> 8:30am
 <b>FOUNDATION</b> 7:00am	 <b>BURN</b> 9:30am		 <b>STRENGTH</b> 7:00am	 <b>HIIT</b> 9:00am		 <b>SGT</b> 10:00am
 <b>EXCLUSIVE</b> 9:00am		 <b>SGT</b> 5:00pm	 <b>EXCLUSIVE</b> 9:30am			
		 <b>FOUNDATION</b> 7:00pm				
 <b>STRENGTH</b> 7:00pm			 <b>STRENGTH</b> 6:00pm			

All sessions require a reservation. Schedule subject to change