STRONG TEAM TRAINING

SCHEDULE/ Norwalk

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

All sessions require a reservation. Schedule subject to change