

























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

All sessions require a reservation. Schedule subject to change.