



SCHEDULE/Orange

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



BURN
5:30am



STRENGTH
6:30am
Ashley



BURN
5:30am



FOUNDATION
5:30am



BURN
5:30am



BURN
7:30am



STRENGTH
8:00am



STRENGTH
7:00



BURN
9:30am



STRENGTH
8am



BURN
8:00am



STRENGTH
9:30am



FOUNDATION
10:30am



BURN
9:30am



STRENGTH
9:30am



FOUNDATION
9:30am



BURN
5:30pm



STRENGTH
5:30pm



BURN
5:00pm



BURN
5:30pm

All sessions require a reservation. Schedule subject to change.



FOUNDATION
7:00pm



STRENGTH
7:00pm



BURN
7:00pm



STRENGTH
7:00pm