


































SCHEDULE/Stratford

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|---|
|  EXCLUSIVE 5:30am |  BURN 5:30am |  EXCLUSIVE 5:30am |  EXCLUSIVE 5:30am |  EXCLUSIVE 6:00am |  FOUNDATION 7:30am |  FOUNDATION 8:30am |
|  STRENGTH 8:30am |  EXCLUSIVE 9:30am |  SGT 7:00am |  FOUNDATION 7:00am |  SGT 8:00am |  STRENGTH 10:00am |  SGT 10:00am |
|  EXCLUSIVE 10:00am |  FOUNDATION 5:00pm |  STRENGTH 8:30am |  STRENGTH 8:30am |  EXCLUSIVE 9:30am |  EXCLUSIVE 11:30am | |
|  STRENGTH 5:30pm |  STRENGTH 7:00pm |  FOUNDATION 10:00am |  BURN 10:00am |  FOUNDATION 5:00pm | | |
|  FOUNDATION 7:00pm | |  BURN 5:30pm |  STRENGTH 5:30pm |  EXCLUSIVE 6:30pm | | |
| | |  EXCLUSIVE 7:00pm |  FOUNDATION 7:00pm | | | |

All sessions require a reservation. Schedule subject to change