




















SCHEDULE/ Shelton

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

All sessions require a reservation. Schedule subject to change