



SCHEDULE/ Shelton

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



BURN
Mark
9:00am



STRENGTH
Luis Santiago
5:30pm



STRENGTH
Matthew
9:30am



FOUNDATION
Matthew
5:30pm



STRENGTH
Theresa
7:00pm



BURN
Theresa
5:30pm



BURN
Kendall
7:00pm



FOUNDATION
Kendall
6:30am



STRENGTH
Mark
9:00am



STRENGTH
Kendall
6:00am



BURN
Mark
9:00am



BURN
Kendall
8:30am



FOUNDATION
Kendall
10:00am



FOUNDATION
Theresa
8:30am



BURN
Theresa
10:30am

All sessions require a reservation.
Schedule subject to change