



















SCHEDULE/Shrewsbury

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

All sessions require a reservation. Schedule subject to change.

Thank you for enrolling in Edge Strong today!

