











SCHEDULE/St. Ann

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

All sessions require a reservation. Schedule subject to change