



























SCHEDULE/Stratford

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BURN 5:30am	 BURN 5:30am	 STRENGTH 5:30am	 BURN 5:30am	 STRENGTH 6:00am	 STRENGTH 7:30am	 FOUNDATION 8:30am
 STRENGTH 8:30am	 FOUNDATION 8:00am	 BURN 8:30am	 FOUNDATION 7:00am	 BURN 8:00am	 FOUNDATION 8:30 AM	 BURN 10:00am
	 STRENGTH 9:30am		 STRENGTH 8:30am	 BURN 9:30am	 BURN 10:00am	
 STRENGTH 5:30pm	 FOUNDATION 5:00pm	 BURN 5:30pm	 STRENGTH 5:30pm	<p>All sessions require a reservation. Schedule subject to change</p>		
 FOUNDATION 7:00pm		 STRENGTH 7:00pm				