























SCHEDULE/Trumbull

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

***All sessions require a reservation.
Schedule subject to change**