

















SCHEDULE/ Wayne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 FOUNDATION 6:30am	 STRENGTH 6:30am		 SGT 5:30am	 FOUNDATION 6:30am	 BURN 8:30am	 SGT 7:30am
 SGT 9:30am		 STRENGTH 9:30am		 SGT 11:00am		
 BURN 5:30pm	 SGT 5:30pm	 FOUNDATION 5:30pm	 STRENGTH 5:30pm		 SGT 10:00am	

All sessions require a reservation. Schedule subject to change