
































SCHEDULE / Bristol

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BURN 5:30am	 FOUNDATION 6:00am	 STRENGTH 5:30am	 BURN 6:00am	 FOUNDATION 6:30am	 STRENGTH 9:00am	 BURN 9:00am
 INTRO 8:30am	 STRENGTH 9:00am	 BURN 8:30am	 FOUNDATION 9:00am	 BURN 8:30am	 INTRO 10:30am	 STRENGTH 10:30am
 STRENGTH 9:00am	 STRENGTH 4:30pm	 FOUNDATION 5:30pm	 STRENGTH 6:00pm	 STRENGTH 6:30pm	 FOUNDATION 11:00am	
 STRENGTH 5:30pm	 INTRO 5:30pm	 BURN 6:30pm	 BURN 7:00pm			
 FOUNDATION 6:30pm	 BURN 6:00pm	 STRENGTH 7:30pm				
 BURN 7:30pm	 FOUNDATION 7:00pm					

Thank you for enrolling in Edge Strong today.
Please visit the front desk to check in and receive your class token. Thank you!