



SCHEDULE / Christiana

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BURN 5:30am	 SGT 6:00am	 STRENGTH 5:30am	 BURN 6:00am	 FOUNDATION 5:30am	 STRENGTH 8:30am	 BURN 7:30am
 SGT 8:30am	 STRENGTH 9:00am	 BURN 8:30am	 FOUNDATION 9:00am	 SGT 8:30am	 BURN 9:30am	 RECOVER 9:00am
 STRENGTH 5:30pm	 RECOVER 10:00am	 RECOVER 5:00pm	 SGT 6:00pm	 RECOVER 9:30am	 FOUNDATION 11:00am	 SGT 12:00pm
 RECOVER 7:30pm	 BURN 6:00pm	 STRENGTH 7:30pm				
	 FOUNDATION 7:30pm					

All sessions require a reservation. Schedule subject to change