





































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

All sessions require a reservation. Schedule subject to change