





































SCHEDULE/Danbury

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

All sessions require a reservation. Schedule subject to change