



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 | BURN 9:30am | FOUNDATION 9:00am | HIT 10:00am | FOUNDATION 10:00am | FOUNDATION 8:30am | |
| FOUNDATION 10:00am | STRENGTH 10:00am | FOUNDATION 5:00pm | HIT 5:30pm | BURN 6:00pm | STRENGTH 11:00am | STRENGTH 10:00am | |
| STRENGTH 5:00pm | HIT 5:30pm | HIT 6:00pm | BURN 6:30pm | | | BURN 11:00am | |
| BURN 6:00pm | BURN 6:30pm | STRENGTH 7:00pm | STRENGTH 7:30pm | | | | |
| STRENGTH 7:00pm | STRENGTH 7:30pm | Thank you for enrolling in Edge Strong today. Please visit the desk to receive your class token. Thank you! | | | | | |
| FOUNDATION 8:00pm | | | | | | All sessions require a reservation. Schedule subject to change | |