






























SCHEDULE / Deptford

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

Please visit the front desk to check in and receive your class token. Thank you!

