
























# SCHEDULE/Derby

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

Thank you for enrolling in Edge Strong today.  
Please visit the desk to receive your class token. Thank you!

All sessions require a reservation. Schedule subject to change