































SCHEDULE/ Fairfield

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 EXCLUSIVE 6:00am	 BURN 5:15am	 STRENGTH 5:15am	 BURN 6:00am	 HIT 5:00am	 HIT 8:00am	 BURN 9:30am
 EXCLUSIVE 10:30am	 BURN 9:30am	 BURN 6:30am	 STRENGTH 9:00am	 HIT 9:00am	 STRENGTH 9:00am	 STRENGTH 10:30am
 BURN 5:30pm	 STRENGTH 5:30pm	 EXCLUSIVE 9:30am	 HIT 10:00am	 FOUNDATION 10:00am	 BURN 10:00am	
 STRENGTH 6:30pm	 HIT 7:00pm	 FOUNDATION 5:00pm	 STRENGTH 7:00pm	 BURN 5:30pm		
 FOUNDATION 7:30pm		 BURN 6:00pm				
		 BURN 7:00pm				

All sessions require a reservation. Schedule subject to change

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