



SCHEDULE/ Hamden

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 EXCLUSIVE 5:30am	 FOUNDATION 6:00am	 STRENGTH 5:30am	 HIT 5:00am	 BURN 6:00am	 STRENGTH 7:00am	 EXCLUSIVE 8:00am
 BURN 9:00am	 STRENGTH 8:30am	 EXCLUSIVE 9:30am	 EXCLUSIVE 6:00am	 STRENGTH 8:00am	 BURN 10:00am	 FOUNDATION 10:00am
 EXCLUSIVE 5:00pm	 INTRO 4:30pm	 BURN 5:00pm	 INTRO 9:00am	 HIT 9:30am		
 STRENGTH 6:00pm	 FOUNDATION 5:00pm	 FOUNDATION 6:00pm	 FOUNDATION 9:30am	 EXCLUSIVE 5:30pm		
 FOUNDATION 7:00pm	 BURN 6:00pm	 EXCLUSIVE 7:00pm	 STRENGTH 5:00PM			
	 HIT 7:00pm		 HIT 6:00PM			

All sessions require a reservation. Schedule subject to ch Thank you for enrolling in Edge Strong today.