





































SCHEDULE/ Hamden

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

All sessions require a reservation.
Schedule subject to change.