



SCHEDULE/Meriden

Monday

Tuesday


































Wednesday

Thursday

Friday

Saturday

Sunday

 EXCLUSIVE 5:30am	 HIT 5:30am	 EXCLUSIVE 5:00am	 BURN 5:30am	 STRENGTH 5:30am	 EXCLUSIVE 9:00am	 HIT 8:00am
 FOUNDATION 6:30am	 STRENGTH 6:30am	 BURN 6:30am	 STRENGTH 6:30am	 BURN 6:30am	 STRENGTH 10:00am	 FOUNDATION 9:00am
 EXCLUSIVE 9:30am	 BURN 9:30am	 STRENGTH 9:30am	 EXCLUSIVE 9:30am	 FOUNDATION 9:30am		 BURN 10:00am
 EXCLUSIVE 5:30pm	 FOUNDATION 5:30pm	 BURN 5:30pm	 HIT 5:30pm	 STRENGTH 5:30pm		
 BURN 6:30pm	 HIT 6:30pm	 EXCLUSIVE 6:30pm	 FOUNDATION 6:30pm			
 FOUNDATION 7:30pm	 BURN 7:30pm	 STRENGTH 7:30pm	 HIT 7:30pm			

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!