































# SCHEDULE/Manchester

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

All sessions require reservation. Schedule subject to change.