
































SCHEDULE / Media

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
|  BURN 5:30am |  FOUNDATION 6:00am |  STRENGTH 5:30am |  BURN 6:00am |  FOUNDATION 5:30am |  RECOVER 7:30am |  BURN 9:00am |
|  FOUNDATION 8:30am |  STRENGTH 9:00am |  RECOVER 7:30am |  FOUNDATION 9:00am |  BURN 8:30am |  STRENGTH 8:30am |  STRENGTH 10:30am |
|  RECOVER 9:30am |  BURN 6:00pm |  SGT 8:30am |  STRENGTH 6:00pm |  SGT 9:30am |  BURN 9:30am | |
|  STRENGTH 5:30pm |  FOUNDATION 7:30pm |  BURN 5:00pm |  BURN 7:00pm |  STRENGTH 5:30pm |  FOUNDATION 11:00am | |
|  BURN 7:30pm | |  RECOVER 6:00pm | | | | |
| | |  STRENGTH 7:30pm | | | | |

All sessions require a reservation. Schedule subject to change