

































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

All sessions require a reservation.
Schedule subject to change