


































# SCHEDULE/Orange

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|--|--|--|--|--|---|--|
| <br><b>BURN</b><br>5:30am         | <br><b>FOUNDATION</b><br>5:30am   | <br><b>HIT</b><br>5:30am        | <br><b>STRENGTH</b><br>5:30am     | <br><b>BURN</b><br>5:30am     | <br><b>BURN</b><br>9:00am      | <br><b>FOUNDATION</b><br>8:30am |
| <br><b>STRENGTH</b><br>8:30am     | <br><b>BURN</b><br>8:30am         | <br><b>STRENGTH</b><br>7:00am   | <br><b>HIT</b><br>8:30am          | <br><b>STRENGTH</b><br>9:00am | <br><b>STRENGTH</b><br>10:00am | <br><b>STRENGTH</b><br>10:00am  |
| <br><b>FOUNDATION</b><br>9:30am   | <br><b>HIT</b><br>9:30am          | <br><b>BURN</b><br>9:00am       | <br><b>FOUNDATION</b><br>9:30am   | <br><b>HIT</b><br>10:00am     | <br><b>HIT</b><br>11:00am      |  |
| <br><b>STRENGTH</b><br>5:00pm     | <br><b>BURN</b><br>5:00pm         | <br><b>FOUNDATION</b><br>5:00pm | <br><b>STRENGTH</b><br>5:30pm     | <br><b>HIT</b><br>5:30pm      |   |  |
| <br><b>BURN</b><br>6:00pm       | <br><b>FOUNDATION</b><br>6:30pm | <br><b>STRENGTH</b><br>6:00pm | <br><b>FOUNDATION</b><br>7:00pm |  |   |  |
| <br><b>FOUNDATION</b><br>7:00pm |  | <br><b>HIT</b><br>7:00pm      |  |  |   |  |

**Thank you for enrolling in Edge Strong today.**

**Please visit the desk to receive your class token.**

All sessions require a reservation. Schedule subject to change