







































## SCHEDULE/Orange

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>BURN</b> 5:30am	 <b>FOUNDATION</b> 5:30am	 <b>HIT</b> 5:30am	 <b>STRENGTH</b> 5:30am	 <b>BURN</b> 5:30am	 <b>SGT</b> 8:00am	 <b>RECOVER</b> 7:45am
 <b>SGT</b> 7:30am	 <b>RECOVER</b> 6:30am	 <b>SGT</b> 7:30am	 <b>RECOVER</b> 7:30am	 <b>SGT</b> 8:30am	 <b>RECOVER</b> 9:00am	 <b>FOUNDATION</b> 8:30am
 <b>STRENGTH</b> 8:30am	 <b>FOUNDATION</b> 7:30am	 <b>BURN</b> 9:30am	 <b>SGT</b> 8:30am	 <b>HIT</b> 9:30am	 <b>STRENGTH</b> 10:00am	 <b>STRENGTH</b> 10:30am
 <b>FOUNDATION</b> 9:30am	 <b>BURN</b> 8:30am	 <b>STRENGTH</b> 5:30pm	 <b>FOUNDATION</b> 9:30am	 <b>RECOVER</b> 10:30am	 <b>HIT</b> 11:00am	
 <b>STRENGTH</b> 5:00pm	 <b>SGT</b> 9:30am	 <b>RECOVER</b> 6:30pm	 <b>STRENGTH</b> 5:30pm	 <b>HIT</b> 6:00pm		
 <b>BURN</b> 6:00pm	 <b>BURN</b> 5:00pm		 <b>FOUNDATION</b> 7:00pm			
 <b>SGT</b> 8:00pm	 <b>RECOVER</b> 6:00pm					
	 <b>FOUNDATION</b> 7:00pm					

All sessions require a reservation. Schedule subject to change.

Thank you for enrolling in Edge Strong today.