






























SCHEDULE/Philadelphia

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

All sessions require a reservation. Schedule subject to change.