

























SCHEDULE/Sheilton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BURN 5:30am	 STRENGTH 5:30am	 EXCLUSIVE 9:30am	 EXCLUSIVE 6:00am	 FOUNDATION 6:00am	 FOUNDATION 9:00am	 BURN 10:30am
 FOUNDATION 9:30am	 BURN 9:30am	 STRENGTH 6:00pm	 FOUNDATION 9:30am	 BURN 9:30am	 STRENGTH 10:00am	 EXCLUSIVE 11:30am
 STRENGTH 10:30am	 BURN 5:00pm	 FOUNDATION 7:00pm	 BURN 5:30pm		 EXCLUSIVE 11:00am	
 FOUNDATION 5:30pm	 EXCLUSIVE 6:00pm					
 EXCLUSIVE 6:30pm						

Thank you for enrolling in Edge Strong today.
Please visit the desk to receive your class token. Thank you!
All sessions require a reservation. Schedule subject to change.