



































SCHEDULE/Stratford

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

Thank you for enrolling in Edge Strong today.
Please visit the desk to receive your class token. Thank you!