

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BURN 6:30am	FOUNDATION 6:30am	STRENGTH 6:30am	BURN 6:30am	FOUNDATION 6:30am	STRENGTH 8:30am	FOUNDATION 8:30am
FOUNDATION	STRENGTH 9:30am	BURN	FOUNDATION	STRENGTH	BURN	STRENGTH
9:30am  STRENGTH 5:30pm	BURN 5:30pm	9:30am  FOUNDATION 5:30pm	9:30am  STRENGTH 5:30pm	9:30am  BURN 5:30pm	10:00am	10:00am
0.00рт	6.66pm	о.оории	0.00pm	0.50рт		

All sessions require a reservation. Schedule subject to change.