


























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

All sessions require a reservation. Schedule subject to change