


























SCHEDULE/Trumbull

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

I 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