










































SCHEDULE / Washington Township

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BURN 5:30am	 SGT 5:00am	 STRENGTH 5:30am	 RECOVER 5:00am	 FOUNDATION 5:30am	 RECOVER 7:30am	 BURN 8:00am
 STRENGTH 7:00am	 FOUNDATION 6:00am	 SGT 7:30am	 BURN 6:00am	 SGT 6:30am	 FOUNDATION 8:30am	 RECOVER 9:00am
 RECOVER 8:00am	 RECOVER 7:30am	 BURN 9:00am	 STRENGTH 8:30am	 FOUNDATION 7:30am	 BURN 10:00am	 STRENGTH 10:00am
 FOUNDATION 9:00am	 BURN 8:30am	 FOUNDATION 10:00am	 FOUNDATION 9:30am		 STRENGTH 11:00am	
 SGT 4:30pm	 STRENGTH 10:00am	 STRENGTH 6:30pm	 STRENGTH 5:30pm	All sessions require a reservation. Schedule subject to change		
 FOUNDATION 5:30pm	 BURN 5:30pm	 SGT 8:00pm	 FOUNDATION 6:30pm			
 BURN 6:30pm	 STRENGTH 6:30pm		 BURN 7:30pm			
 STRENGTH 7:30pm	 FOUNDATION 7:30pm					