




































SCHEDULE / Washington Township

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|---|---|
|  BURN 5:30am |  FOUNDATION 6:00am |  STRENGTH 5:30am |  BURN 6:00am |  FOUNDATION 5:30am |  FOUNDATION 8:30am |  BURN 8:00am |
|  STRENGTH 7:00am |  BURN 8:30am |  BURN 9:00am |  STRENGTH 8:30am |  FOUNDATION 7:30am |  BURN 10:00am |  FOUNDATION 9:00am |
|  FOUNDATION 9:00am |  FOUNDATION 10:00am |  FOUNDATION 10:00am |  FOUNDATION 9:30am |  FOUNDATION 5:30pm |  STRENGTH 11:00am |  STRENGTH 10:00am |
|  STRENGTH 4:30pm |  BURN 5:30pm |  FOUNDATION 6:00pm |  STRENGTH 5:30pm | | | |
|  FOUNDATION 5:30pm |  STRENGTH 6:30pm |  STRENGTH 7:00pm |  FOUNDATION 6:30pm | | | |
|  BURN 6:30pm |  FOUNDATION 7:30pm | |  BURN 7:30pm | | | |
|  STRENGTH 7:30pm | | | | | | |

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