




















SCHEDULE/ Greenwich

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 FOUNDATION 6:30am	 FOUNDATION 8:30am	 STRENGTH 6:30am	 SGT 8:30am	 SGT 6:30am	 SGT 7:30am	 FOUNDATION 10:00am
 SGT 10:30am	 EXCLUSIVE 7:30pm	 SGT 5:30pm	 SGT 6:30pm	 STRENGTH 10:30am	 FOUNDATION 8:30am	
 STRENGTH 5:30pm		 STRENGTH 6:30pm		 EXCLUSIVE 5:30pm	 STRENGTH 11:30am	

All sessions require a reservation. Schedule subject to change