













SCHEDULE/Hamden

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 SGT 9:30am	 SGT 6:30am	 STRENGTH 6:30am	 FOUNDATION 6:30am	 STRENGTH 9:30am		
 STRENGTH 5:30pm		 FOUNDATION 9:30am	 SGT 9:30am			
		 SGT 5:30pm	 STRENGTH 5:30pm			

All sessions require a reservation. Schedule subject to change