






















# SCHEDULE/Manchester

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

All sessions require a reservation. Schedule subject to change