



# SCHEDULE/Meriden

| Monday                                                                                                    | Tuesday                                                                                                   | Wednesday                                                                                                 | Thursday                                                                                                    | Friday                                                                                                      | Saturday                                                                                                   | Sunday                                                                                                      |
|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <br>FOUNDATION<br>6:30am | <br>SGT<br>6:30am        | <br>STRENGTH<br>6:30am   | <br>FOUNDATION<br>6:30am | <br>SGT<br>6:30am        | <br>SGT<br>8:30am       | <br>FOUNDATION<br>8:30am |
| <br>SGT<br>9:30am        | <br>STRENGTH<br>9:30am   | <br>FOUNDATION<br>9:30am | <br>SGT<br>9:30am        | <br>STRENGTH<br>9:30am   | <br>STRENGTH<br>10:00am | <br>SGT<br>10:00am       |
| <br>STRENGTH<br>5:30pm   | <br>FOUNDATION<br>5:30pm | <br>SGT<br>5:30pm        | <br>STRENGTH<br>5:30pm   | <br>FOUNDATION<br>5:30pm |                                                                                                            |                                                                                                             |

All sessions require a reservation. Schedule subject to change