






















SCHEDULE/ Norwalk

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

All sessions require a reservation. Schedule subject to change