

## SCHEDULE/Philadelphia

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