
































SCHEDULE/Stratford

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

All sessions require a reservation. Schedule subject to change