






















# SCHEDULE/Trumbull

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

All sessions require a reservation. Schedule subject to change