



## BURN CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.  <b>BURN</b>		5:30 a.m.  <b>BURN</b>		5:30 a.m.  <b>BURN</b>		
8:00 a.m.  <b>BURN</b>		8:00 a.m.  <b>BURN</b>		8:00 a.m.  <b>BURN</b>	8:30 a.m.  <b>BURN</b>	
9:30 a.m.  <b>BURN</b>	9:30 a.m.  <b>BURN</b>	9:30 a.m.  <b>BURN</b>	9:30 a.m.  <b>BURN</b>	9:30 a.m.  <b>BURN</b>		

Cardio Circuit	Upper Body Strength	Leg Day	Burst Training	Full Body Strength	Speed & Agility	Rest Day
Core strength & Conditioning	Push, Pull, Press	MetCon	Lower Body Strength	Athletic Conditioning	Arm Day	Rest Day
Bodyweight Conditioning	Posterior Strength Day	Cardio & Core	Leg Day	Anterior Strength Day	Burst Training	Rest Day
Full Body Strength	MetCon	Bicep, Back & Burpees	Cardio Circuit	Core Strength	Lower Body Strength	Rest Day