







BURN CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 a.m.  BURN	6.00 a.m.  BURN	6.00 a.m.  BURN	6.00 a.m.  BURN	6.00 a.m.  BURN		
				12.00 p.m.  BURN		
6.00 p.m.  BURN	6.00 p.m.  BURN	6.00 p.m.  BURN	6.00 p.m.  BURN			

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