

2017 WINTER SCHEDULE

Sessions are subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00am	After Burn	Industrial Strength	After Burn	Industrial Strength	After Burn	7:00am	Industrial Strength	After Burn
6:00am	After Burn	Industrial Strength	After Burn	Industrial Strength	After Burn	8:00am	Industrial Strength	After Burn
7:00am	After Burn	Industrial Strength	After Burn	Industrial Strength	After Burn	9:00am	Industrial Strength	After Burn
8:00am	After Burn	Industrial Strength	After Burn	Industrial Strength	After Burn	10:00am	Sports Performance	Sports Performance
9:15am	After Burn	Industrial Strength	After Burn	Industrial Strength	After Burn			
2:30pm	Sports Performance	Sports Performance	Sports Performance	Sports Performance	Sports Performance			
4:00pm	After Burn Sports Performance	Industrial Strength Sports Performance	After Burn Sports Performance	Industrial Strength Sports Performance	After Burn Sports Performance			
5:00pm	After Burn	Industrial Strength	After Burn	Industrial Strength	After Burn			
6:00pm	After Burn Sports Performance	Industrial Strength Sports Performance	After Burn Sports Performance	Industrial Strength Sports Performance	After Burn Sports Performance			
7:00pm	After Burn	Industrial Strength	After Burn	Industrial Strength	After Burn			
8:00pm	Sports Performance	Sports Performance	Sports Performance	Sports Performance				

Monday thru Thursday 8:00pm Sports Performance Sessions are BY APPOINTMENT ONLY.

