

BURN Schedule

Day

Times to Burn

30 Minutes HIIT

Monday

6am - Amanda

5pm - Garrison

8pm - Tori

Tuesday

6am - Emily

7:30am - Eileen

12pm - Rene

5pm - Emily

Wednesday

5pm - Garrison

8pm - Tori

Thursday

6am - Emily

12pm - Rene

8pm - Amanda

Friday

5pm - Garrison

Saturday

7:30am - Garrison