



















SHELBY TOWNSHIP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 FOUNDATION 6:30AM	 STRENGTH 5:30AM	 FOUNDATION 6:30AM	 SGT 6:00AM	 EXCLUSIVE 9:30 AM	 BURN 9:30AM	 SGT 6:00AM
 SGT 9:00AM	 FOUNDATION 9:30AM	 BURN 9:30AM	 STRENGTH 5:30PM			
 BURN 5:30PM	 SGT 5:30PM	 EXCLUSIVE 12:00PM	 EXCLUSIVE 7:00PM			
<p>All sessions require a reservation. Schedule subject to change.</p>				<p>PLAN - PERFORM - PROGRESS</p>		