


















# SCHEDULE/ Farmington Hills

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|---|---|---|---|---|---|---|
| <br>FOUNDATION<br>5:30am | <br>SGT<br>5:30am        | <br>STRENGTH<br>5:30am | <br>BURN<br>5:30am |   | <br>FOUNDATION<br>8:00am |   |
| <br>SGT<br>9:00am        | <br>STRENGTH<br>9:00am   | <br>BURN<br>9:00am     | <br>BURN<br>9:00am | <br>STRENGTH<br>9:30am |   | <br>SGT<br>10:00am |
| <br>SGT<br>5:30pm        | <br>FOUNDATION<br>5:00pm | <br>STRENGTH<br>5:30pm | <br>BURN<br>5:30pm |   |   |   |

All sessions require a reservation. Schedule subject to change