


















SCHEDULE/Milford

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BURN 9:00am	 SGT 6:00am	 EXCLUSIVE 6:00am	 FOUNDATION 6:30am	 SGT 6:00am	 EXCLUSIVE 8:30am	 SGT 10:00am
 STRENGTH 5:30pm	 STRENGTH 7:30am	 EXCLUSIVE 9:00am	 STRENGTH 5:30pm		 STRENGTH 10:00am	
	 EXCLUSIVE 5:30am	 SGT 6:00pm	 BURN 6:30pm			

All sessions require a reservation. Schedule subject to change