


















# SCHEDULE/Milford

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

All sessions require a reservation. Schedule subject to change