






















SCHEDULE/ Rochester Hills

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 SGT 6:30am	 STRENGTH 7:30am	 BURN 9:30am	 SGT 7:30am	 SGT 6:30am	 SGT 9:30am	 FOUNDATION 8:00am
 STRENGTH 9:30am	 FOUNDATION 9:30am	 SGT 5:30pm	 STRENGTH 5:30pm	 EXCLUSIVE 8:30am	 FOUNDATION 12:00pm	 SGT 10:00am
 EXCLUSIVE 5:00pm	 BURN 5:30pm		 FOUNDATION 7:00pm	 EXCLUSIVE 5:30pm		
 BURN 7:00pm						

All sessions require a reservation. Schedule subject to change