




















SHELBY TOWNSHIP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 FOUNDATION 6:30am	 STRENGTH 6:00am	 BURN 6:30am	 SGT 6:00am	 FOUNDATION 6:30am	 BURN 8:30am	 SGT 8:30am
 SGT 9:30am	 FOUNDATION 9:30am	 STRENGTH 9:30am	 BURN 9:30am	 SGT 9:30am		
 BURN 5:30pm	 SGT 5:30pm	 SGT 11:00am	 FOUNDATION 5:30pm			
		 FOUNDATION 5:30pm				