
























SCHEDULE/ Westland

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 FOUNDATION 6:30am	 BURN 6:30am	 FOUNDATION 7:00am	 STRENGTH 7:00am	 SGT 8:30am	 FOUNDATION 8:30am
 STRENGTH 9:00am		 STRENGTH 7:30am	 RECOVER 11:00am	 BURN 8:30am	 BURN 10:00am	 STRENGTH 11:00am
 BURN 6:30pm	 SGT 5:00pm	 SGT 5:30pm	 BURN 5:30pm	 FOUNDATION 10:00am		
 RECOVER 7:30pm	 STRENGTH 6:30pm	 FOUNDATION 6:30pm	 SGT 7:00pm			

All sessions require a reservation. Schedule subject to change