




















SCHEDULE/ Farmington Hills

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

All sessions require a reservation. Schedule subject to change