
















# SCHEDULE/Milford

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

All sessions require a reservation. Schedule subject to change