

















SCHEDULE/Milford

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

All sessions require a reservation. Schedule subject to change