






















SCHEDULE/Milford

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

All sessions require a reservation. Schedule subject to change