


















# SCHEDULE/ Rochester Hills

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

All sessions require a reservation. Schedule subject to change