






























SCHEDULE / Rochester Hills

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

All sessions require a reservation. Schedule subject to change.