

# HUNTINGTON SQUAD SCHEDULE



## MONDAY

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5:30am STRONG  
7:00am STRONG  
9:30am STRONG  
10:30am FLOW  
5:30pm STRONG  
7:15pm STRONG

## TUESDAY

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6:15am STRONG  
7:15am STRONG  
8:30am STRONG  
4:30pm STRONG  
6:00pm FLOW  
6:30pm STRONG

## WEDNESDAY

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5:30am STRONG  
7:00am STRONG  
9:30am STRONG  
10:30am FLOW  
5:30pm STRONG  
7:15pm STRONG

## THURSDAY

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5:30am STRONG  
7:00am STRONG  
8:30am STRONG  
6:30pm STRONG

## FRIDAY

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6:15am STRONG  
7:00am STRONG  
9:30am STRONG

## SATURDAY

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7:15am STRONG  
9:30am STRONG  
10:30am FLOW

## SUNDAY

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9:00am STRONG

## CONTACT

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