













HUNTINGTON SQUAD SCHEDULE









MONDAY

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





TUESDAY

6:15am  STRONG
7:15am  STRONG
8:30am  STRONG
4:30pm  STRONG
5:30pm  FLOW
6:30pm  STRONG




WEDNESDAY

5:30am  STRONG
7:00am  STRONG
8:30am  STRONG
10:30am  FLOW
5:30pm  STRONG
7:15pm  STRONG




THURSDAY

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

FRIDAY

6:15am  STRONG
7:15am  STRONG
9:45am  STRONG

SATURDAY

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

SUNDAY

9:00am  STRONG

CONTACT

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