



# FORCES IN TRAINING

## FLEET FITNESS AND SPORTS CENTRE WINTER CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0815	FUNCTIONAL MOVEMENT	FUNCTIONAL STRENGTH	FUNCTIONAL MOBILITY	FUNCTIONAL MOVEMENT	FUNCTIONAL STRENGTH
0730-0830	GENTLE YOGA		FORCE Prep		YOGA
0830-0915	FORCE Prep		FORCE Prep		FORCE Prep
1200-1300		YOGA	BODYWEIGHT/ CALISTHENICS	YOGA	
1210-1255	FUNCTIONAL STRENGTH	FUNCTIONAL MOVEMENT	SPIN	FUNCTIONAL STRENGTH	FRIDAY FUN-DAY