



FORCES IN TRAINING

STAD FITNESS AND SPORTS CENTRE SPRING CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0830			WATERWORKS		WATERWORKS
0830-0930	FORCE PREP RUSH SPECIFIC	FORCE PREP DRAG SPECIFIC	FORCE PREP RUSH SPECIFIC	FORCE PREP DRAG SPECIFIC	FORCE PREP TOTAL BODY CONDITIONING
0930-01030		POOL JOGGING		POOL JOGGING	
1130-1300	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
1215-1300	UPPER BODY AND ABS	SPIN	YOGA	LOWER BODY AND CARDIO	RANGE OF MOTION