

**FLEET**

FORCES IN TRAINING

FLEET FITNESS AND SPORTS CENTRE SPRING CLASS SCHEDULE

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

**The last Friday of every month will be a FORCE Famil session*