

**FLEET**

FORCES IN TRAINING

FLEET FITNESS AND SPORTS CENTRE FALL CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0830		UPPER BODY & CORE		MOVEMENT & MOBILITY	
0830-0930	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep*
1200-1300		YOGA	YOGA	YOGA	
1210-1255	MOVEMENT & MOBILITY	SPIN	TACTICAL ATHLETE	UPPER BODY & CORE	STEP

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