



FORCES IN TRAINING

FLEET FITNESS AND SPORTS CENTRE SPRING CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0815	FUNCTIONAL STRENGTH	GENTLE YOGA	FUNCTIONAL MOVEMENT	SPIN	FUNCTIONAL STRENGTH
0730-0830		GST: UPPER BODY & LOCOMOTION LEVEL II			GST: HANDSTANDS AND CORE
0830-0915	FORCE Prep		FORCE Prep		FORCE Prep*
1210-1255	SPIN	FUNCTIONAL STRENGTH	FUNCTIONAL MOVEMENT	FUNCTIONAL STRENGTH	GENTLE YOGA
1200-1300	GST: UPPER BODY & LOCOMOTION	YOGA	GST: CORE & LEGS	YOGA	

Spring Classes Start April 18th

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

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