



FORCES IN TRAINING

FLEET FITNESS AND SPORTS CENTRE FALL CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0815	MOVEMENT	STRENGTH	MOVEMENT	MOBILITY	STRENGTH
	SKILLS + DRILLS	GENTLE YOGA	SKILLS + DRILLS	YOGA	SKILLS + DRILLS
0830-0915	FORCE Prep		FORCE Prep		FORCE Prep
1200-1300		YOGA		YOGA	
1210-1255	STRENGTH	MOVEMENT	SPIN	STRENGTH	FRIDAY FUN-DAY