



**FLEET**

## **FORCES IN TRAINING**

### **FLEET FITNESS AND SPORTS CENTRE SUMMER CLASS SCHEDULE**

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

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