



## **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>
0730-0815		FUNCTIONAL STRENGTH	YOGA	FUNCTIONAL MOVEMENT	
0830-0915	FORCE Prep		FORCE Prep		FORCE Prep*
1200-1300		YOGA		YOGA	
1210-1255	FUNCTIONAL STRENGTH		SPIN		

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