



FORCES IN TRAINING

FLEET FITNESS AND SPORTS CENTRE SUMMER CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0815	FUNCTIONAL MOVEMENT	FUNCTIONAL MOBILITY	FUNCTIONAL STRENGTH	GST	FUNCTIONAL STRENGTH
0830-0915	FORCE Prep		FORCE Prep		FORCE Prep*
1210-1255		FUNCTIONAL STRENGTH			FUNCTIONAL MOVEMENT
1200-1300	GST		SPIN	YOGA	

*Last Friday of each month is FORCE Famil