



SHEARWATER

FORCES IN TRAINING

SHEARWATER FITNESS AND SPORTS CENTRE SUMMER CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
0700-0800		LANE SWIM		LANE SWIM		
0730-0815	FORCE PREP		FORCE PREP		FORCE PREP*	SPIN (0930-1030)
1145-1230	TRX	SPIN	FUNCTIONAL STRENGTH	SPIN	RANGE OF MOTION	
1200-1300	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	
1800-1900	YOGA	BOOT CAMP	YOGA	BOOT CAMP		

*Last Friday of each month is FORCE Famil