



## FORCES IN TRAINING

### FLEET FITNESS AND SPORTS CENTRE SUMMER CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0815			SPIN		
0830-0930	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep*
1200-1300	YOGA		YOGA	YOGA	
1210-1255	TACTICAL ATHLETE STRENGTH	SPIN	TACTICAL ATHLETE CONDITIONING	TACTICAL ATHLETE STRENGTH	STEP AEROBICS

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