

FORCE FITNESS **TIMETABLE**



MONDAY

FUNCTIONAL FITNESS – 6:15AM

CARDIO CLUB – 9:30AM

WEIGHTLIFTING – 5:30PM

FUNCTIONAL FITNESS – 6:30 PM

TUESDAY

FUNCTIONAL FITNESS – 6:15AM

FUNCTIONAL FITNESS – 9:30AM

FUNCTIONAL FITNESS – 5:30PM

FULL FORCE ENDURO – 6:30 PM

WEDNESDAY

CARDIO CLUB – 6:15AM

CARDIO CLUB – 9:30AM

FUNCTIONAL FITNESS – 5:30PM

CALISTENICS – 6:30 PM

THURSDAY

FUNCTIONAL FITNESS – 6:15AM

FUNCTIONAL FITNESS – 9:30AM

CARDIO CLUB – 5:30PM

FULL FORCE ENDURO – 6:30 PM

FRIDAY

TEAM BOOTCAMP – 6:15AM

WEIGHTLIFTING – 9:30AM

FULL FORCE ENDURO – 5:30PM

CALISTENICS – 6:30 PM

SATURDAY

WEIGHTLIFTING – 8:00AM

ENGINE ROOM – 9:30AM

SUNDAY

CHIPPER SHAW'S TEAM WOD – 8:00AM