



# FORCE FITNESS

WWW.FORCEFITNESSTX.COM

TIME	MON	TUES	WED	THUR	FRI	SAT
⌚ 8:00 AM	Step & Tone	Yoga I	Step & Tone	Barre Pilates	Step & Tone	
⌚ 9:00 AM	Build & Burn	Barre Pilates	Build & Burn	Restorative Yoga	Iron Yoga (Power Yoga + Weights)	Build & Burn
⌚ 10:00 AM					Exercise to Music*	Barre Pilates
⌚ 11:00 AM	Exercise to Music*		Exercise to Music*			Yoga I
⌚ 5:00 PM						
⌚ 6:00 PM	Build & Burn	HARDCORE	TWRKIT	Barre Pilates		
⌚ 7:00 PM	MVMNT by TWRKIT	Yoga I	Yoga I	TWRKIT		

\* Silver Sneakers or Silver Fit members only.

415.761.1881  
 forcefitnessstx.com  
 6750 Baker Blvd., Richland Hills, TX 76118