



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		Yoga II				
Ⓞ 6:00 PM	Build & Burn	Hip Hop Step	TWRKIT	Barre Pilates		
Ⓞ 7:00 PM	MVMNT by TWRKIT	Zumba	Yoga I	TWRKIT		

\* Silver Sneakers or Silver Fit members only.

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