



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	Hip Hop Step	TWRKIT	Barre Pilates		
⌚ 7:00 PM		Yoga I	Yoga I	TWRKIT		

* Silver Sneakers or Silver Fit members only.

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