

MAY FITNESS SCHEDULE MCKAY



DOWNLOAD OUR APP from the Apple APP or Google Play Stores (find links on Fitness Brigade website).

All spots in classes must be booked through our Fitness Brigade App or using links on the Fitness Brigade Website!

When classes are full, waitlists will be activated and you will be informed if someone cancels and a spot opens up.

- Classes will be held in the Cardio Area
- For any inquires please email info@fitnessbrigade.ca



	MON	TUE	WED	THU	FRI	SAT	SUN
6:45am - 7:15am	Mobility						
7:30am - 8:15am	Tough Tank	Ab Strike	Shell Shock	Mobility (30 mins)	Tough Tank	Ab Strike	Shell Shock
8:30am - 9:15am	Personal Training						
10:15am - 11:00am	Tough Tank	Shell Shock	Ab Strike	Mobility (30 mins)	Circuit	Tough Tank	Mobility (30 mins)
4:30pm - 5:15pm	Ab Strike	Brigade Challenge	Tough Tank	Shell Shock	Mobility (30 mins)	Circuit	Tough Tank
5:45pm - 6:30pm	Personal Training						
5:45pm - 6:30pm	Shell Shock	Tough Tank	Ab Strike	Circuit	Brigade Challenge	Tough Tank	Mobility (30 mins)
7:00pm - 7:45pm	Circuit	Tough Tank	Shell Shock	Mobility (30 mins)	Brigade Challenge	Ab Strike	Mobility (30 mins)
7:00pm - 7:45pm	Personal Training						