

AUGUST 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.

- For any inquiries please email info@fitnessbrigade.ca



MON

TUE

WED

THU

FRI

SAT

SUN

7:15am – 8:00am	Personal Training						
10:15am – 11:00am	Dual Command	Shell Shock	Ab Strike (30 mins)	Mobility (30 mins)	Shell Shock	Tough Tank	Mobility (30 mins)
3:15pm – 3:45pm	Cuircit (30 mins)	Ab Strike (30 mins)	Mobility (30 mins)	Ab Strike (30 mins)	Circuit (30 mins)	Ab Strike (30 mins)	Mobility (30 mins)
5:45pm – 6:30pm	Shell Shock	Tough Tank	Battle of the Kettlebell	Dual Command	Shell Shock	Tough Tank	Mobility (30 mins)
5:45pm – 6:30pm	Personal Training						
6:45pm – 7:15pm	Circuit (30 mins)	Ab Strike (30 mins)	Battle of the Kettlebell	Ab Strike (30 mins)	Circuit (30 mins)	Ab Strike (30 mins)	Mobility (30 mins)
7:15pm – 8:00pm	Shell Shock	Tough Tank	Mobility (30 mins)	Dual Command	Shell Shock	Ab Strike (30 mins)	Mobility (30 mins)
7:15pm – 8:00pm	Personal Training						