FEBRUARY FITNESS SCHEDULE MCKAY

FITNESS BRIGADE
Remote Wellness Specialists

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 inquires please email info@fitnessbrigade.ca

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