JULY FITNESS SCHEDULE MCKAY



SAT

SUN

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

TUE

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.

WED

THU

FRI

• For any inquires please email info@fitnessbrigade.ca

MON

7:15am - 8:00am	Tough Tank	Ab Strike (30 mins)	Shell Shock	Mobility (30 mins)	Tough Tank	Ab Strike (30 mins)	Shell Shock
8:30am - 9:15am	Personal Training						
10:15am - 11:00am	Battle of Bar- Bells	Shell Shock	Ab Strike (30 mins)	Mobility (30 mins)	Circuit	Tough Tank	Mobility (30 mins)
4:30pm - 5:15pm	Tough Tank	Ab Strike (30 mins)	Shell Shock	Tough Tank	Brigade Challenge	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 Bar- Bells	Brigade Challenge	Tough Tank	Mobility (30 mins)
7:00pm - 7:45pm	Circuit	Tough Tank	Mobility (30 mins)	Shell Shock	Brigade Challenge	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