

Your force Gym

Your Place to get Stronger

Monday	Tuesday	Wednesday	Thursday	Friday
Spinning Trainer: Megara time: 09:30 Duration: 30 min	Circuit training Trainer: Jack Time: 11:00 Duration: 30 min	Circuit training Trainer: Megara Time: 11:00 Duration: 30 min	Powerlifting Trainer: Jack Time: 09:00 Duration: 45 min	Circuit training Trainer: Jack Time: 11:00 Duration: 30 min
Powerlifting Trainer: Jack Time: 12:00 Duration: 45 min	Spinning Trainer: Megara time: 15:30 Duration: 30 min	Spinning Trainer: Jack time: 15:30 Duration: 30 min	Spinning Trainer: Megara time: 15:30 Duration: 30 min	Powerlifting Trainer: Megara Time: 18:00 Duration: 45 min
Circuit training Trainer: Megara Time: 14:00 Duration: 30 min	Powerlifting Trainer: Jack Time: 18:00 Duration: 45 min	Powerlifting Trainer: Jack Time: 18:00 Duration: 45 min	Circuit training Trainer: Megara Time: 20:00 Duration: 30 min	Spinning Trainer: Jack time: 19:30 Duration: 30 min