

Forca Group Fitness Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
MORNING	Fitness Kickboxing <i>With Heather</i> 5:30am-6:15	Fitness Kickboxing <i>With Heather</i> 5:30am-6:15	Strength Training <i>With Julie</i> 5:30am-6:15	Fitness Kickboxing <i>With Cora/Brian</i> 5:30am-6:15	Warm Yoga <i>Kristina</i> 5:30am-6:15	
	Tabata <i>With Julie</i> 8:30am-9:30	Pilates <i>With Krista</i> 8:30am-9:30		Hurricane Remix <i>With Brenda</i> 8:30am-9:30	Strength Training <i>With Paola</i> 8:30am-9:30	Hot Yoga <i>With Kristina/Erin</i> 9:00am-10:00
	Yoga All Levels <i>With Kristina</i> 10:00am-11:00	Express Spin <i>With Brenda</i> 11:30am-12:00		Express Spin <i>With Krista</i> 11:30am-12:00		
	Fitness Kickboxing <i>With Cora</i> 11:30am-12:15	Yoga <i>With Cora</i> 12:00pm-12:45	Fitness Kickboxing <i>With Cora</i> 11:30am-12:15	Yoga <i>With Kristina</i> 12:00pm-12:45	Fitness Kickboxing <i>With Hannah</i> 11:30am-12:15	
EVENING	Express Spin <i>With Brenda</i> 4:00pm-4:30	Fitness Kickboxing <i>With Paola</i> 4:45pm-5:30		Fitness Kickboxing <i>With Paola</i> 4:45pm-5:30		
	Fitness Kickboxing <i>With Cora</i> 5:45pm-6:30	Strength & Spin <i>With Krista</i> 5:30pm-6:15	Fitness Kickboxing <i>With Cora</i> 5:45pm-6:30	Strength Training <i>With Hannah</i> 6:15pm-7:00		
	Hot Yoga <i>with Kristina/Erin</i> 6:30pm-7:30		Hot Yoga <i>With Rachel/Erin</i> 6:30pm-7:30			

Updated: December 2024



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