







# FORT SALONGA SQUAD SCHEDULE











## MONDAY

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7:15am  STRONG  
8:30am  STRONG  
9:30am  STRONG  
10:30am  FLEX  
5:30pm  RYDE  
6:30pm  STRONG







## TUESDAY

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5:30am  STRONG  
7:15am  FLOW  
8:30am  RYDE  
8:30am  SWEAT  
9:30am  FLOW  
9:30am  STRONG  
4:30pm  STRONG  
6:30pm  SWEAT








## WEDNESDAY

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6:15am  STRONG  
7:15am  RYDE  
8:30am  STRONG  
9:30am  SWEAT  
5:30pm  SWEAT  
6:30pm  RYDE





## THURSDAY

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7:15am  STRONG  
8:30am  RYDE  
8:30am  SWEAT  
9:30am  SWEAT  
4:30pm  SWEAT  
5:30pm  FLOW  
6:30pm  STRONG




## FRIDAY

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8:00am  STRONG  
8:45am  RYDE  
9:30am  STRONG  
10:30am  FLEX

## SATURDAY

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8:30am  RYDE  
9:30am  STRONG  
10:30am  SWEAT

## SUNDAY

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8:30am  RYDE  
9:30am  RYDE

## CONTACT

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