



# Functional Fitness.

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	4 9:00 FF 10:00 Stretch (30 mins)	5 7:00 Functional Fitness	6 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins)	7 6:00 Last Chance Workout 9:00 Last Chance Workout	8
9	10 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	11 9:00 FF 10:00 Stretch (30 mins)	12 7:00 Functional Fitness	13 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins)	14 6:00 Last Chance Workout 9:00 Last Chance Workout	15
16	17 6:00 12 Days of Christmas workouts 9:00	18 6:00 12 Days of Christmas workouts 9:00	19 6:00 12 Days of Christmas workouts 9:00	20 6:00 12 Days of Christmas workouts 9:00	21 6:00 12 Days of Christmas workouts 9:00	22 TBC 12 Days of Christmas workout
23 TBC 12 Days of Christmas workout	24 6:00 12 Days of Christmas workouts 9:00 Christmas Eve	25 Christmas Day	26 TBC 12 Days of Christmas workout Boxing Day	27 6:00 12 Days of Christmas workouts 9:00	28 6:00 12 Days of Christmas workouts 9:00	29
30	31 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness					



**Are You Ready?**