



# Functional Fitness.

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	1 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	2 9:00 FF 10:00 Stretch (30 mins)	3 7:00 Functional Fitness <b>6:30 "Outdoor Adventures"</b>	4 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins)	5 6:00 Last Chance Workout 9:00 Last Chance Workout	6
7	8 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	9 9:00 FF 10:00 Stretch (30 mins)	10 7:00 Functional Fitness <b>6:30 "Outdoor Adventures"</b>	11 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins)	12 6:00 Last Chance Workout 9:00 Last Chance Workout	13
14	15 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	16 9:00 FF 10:00 Stretch (30 mins)	17 7:00 Functional Fitness <b>6:30 "Outdoor Adventures"</b>	18 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins)	19 6:00 Last Chance Workout 9:00 Last Chance Workout	20
21	22 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	23 9:00 FF 10:00 Stretch (30 mins)	24 7:00 Functional Fitness <b>6:30 "Outdoor Adventures"</b>	25 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins)	26 6:00 Last Chance Workout 9:00 Last Chance Workout	27
28	29 6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	30 9:00 FF 10:00 Stretch (30 mins)	1	2	3	4

**\*\* The Wednesday evening "Outdoor Adventures" will be 45 minutes in duration and will be held in The Bedford Ravines (meeting by the Wentworth-Grosvenor School entrance)**