



Functional Fitness.

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness	9:00 FF 10:00 Stretch (30 mins)	7:00 Functional Fitness 6:30 "Outdoor Adventures"	7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake	6:00 Last Chance Workout 9:00 Functional Fitness	
5	6	7	8	9	10	11
	6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines	9:00 FF 10:00 Stretch (30 mins)	7:00 Functional Fitness 6:30 "Outdoor Adventures"	7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake	6:00 Last Chance Workout 9:00 Functional Fitness	
12	13	14	15	16	17	18
	6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines	9:00 FF 10:00 Stretch (30 mins)	7:00 Functional Fitness 6:30 "Outdoor Adventures"	NO CLASSES		
19	20	21	22	23	24	25
	VICTORIA DAY 9:00 Functional Fitness	9:00 FF 10:00 Stretch (30 mins)	7:00 Functional Fitness 6:30 "Outdoor Adventures"	7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake	6:00 Last Chance Workout 9:00 Functional Fitness	
26	27	28	29	30	31	1
	6:00 Monday AM Wake-Up 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines	9:00 FF 10:00 Stretch (30 mins)	7:00 Functional Fitness 6:30 "Outdoor Adventures"	7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake	6:00 Last Chance Workout 9:00 Functional Fitness	

NOTE: **THURSDAY** "outdoor workouts" are 5:30 pm @ Kearney Lake (by Maskwa Aquatic Club – 91 Saskatoon Drive).