



# Functional Fitness.

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines	28 9:00 FF 10:00 Stretch (30 mins)	29 7:00 Functional Fitness	30 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake (hike)	31 6:00 Last Chance Workout 9:00 Functional Fitness	1 <i>National Health and Fitness Day</i>
2	3 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines <i>(workout)</i>	4 9:00 <b>FF (outdoors)</b> 10:00 Stretch (30 mins)	5 7:00 Functional Fitness	6 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake <i>(hike)</i>	7 6:00 Last Chance Workout 9:00 Functional Fitness	8
9	10 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines <i>(workout)</i>	11 9:00 <b>FF (outdoors)</b> 10:00 Stretch (30 mins)	12 7:00 Functional Fitness	13 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake <i>(hike)</i>	14 6:00 Last Chance Workout 9:00 Functional Fitness	15
16	17 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines <i>(workout)</i>	18 9:00 <b>FF (outdoors)</b> 10:00 Stretch (30 mins)	19 7:00 Functional Fitness	20 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake <i>(hike)</i>	21 6:00 Last Chance Workout 9:00 Functional Fitness	22
23	24 7:00 FF 9:00 Functional Fitness 6:30 @ The Ravines <i>(workout)</i>	25 9:00 <b>FF (outdoors)</b> 10:00 Stretch (30 mins)	26 7:00 Functional Fitness	27 7:00 Functional Fitness 9:00 FF 10:00 Stretch (30 mins) 5:30 @ Kearney Lake <i>(hike)</i>	28 6:00 Last Chance Workout 9:00 Functional Fitness	29

\*\* Thursday hike: 5:30 pm @ Kearney Lake (by Maskwa Aquatic Club – 91 Saskatoon Dr.)

[www.FunctionalFitness.ca](http://www.FunctionalFitness.ca)

## Are You Ready?