

















Functional Fitness.

September 2020

ALL classes will continue to be offered online via  Zoom unless highlighted
(please contact us at info@functionalfitness.ca for login information to join the classes.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 – 8:00 Functional Fitness		7:00 – 8:00  Functional Fitness	7:00 – 8:00  Functional Fitness		
	9:00 – 10:00 Functional Fitness	 9:00 – 10:00 Functional Fitness	 9:00 – 10:00  Functional Fitness	 9:00 – 10:00 Functional Fitness		9:00 – 10:00  Functional Fitness
	10:00 – 10:15 Stretching and Mobility		10:00 – 10:15 Stretching and Mobility			10:00 – 10:15 Stretching and Mobility
	12:00 – 12:15 Stretching and Mobility					
						
		4:45 – 5:00 Stretching and Mobility				
		5:00 – 6:00  Functional Fitness				
				12:00 – 12:15 Stretching and Mobility		
				4:45 – 5:00 Stretching and Mobility		
				5:00 – 6:00  Functional Fitness		



- ◆ The “Waiting Room” option for Zoom meetings is turned ON and allows access to the meeting at any time;
- ◆ Access to the Meeting Room will begin 5 minutes before the scheduled start time;
- ◆ At the scheduled start time, all participants will be muted and the class will begin.



DENOTES AN “IN-PERSON” CLASS AT THE GYM



WORKOUTS USING WEIGHTS **



OUTDOOR WORKOUT @ SHEFFIELD PARK



15-MINUTE *PULSE WORKOUTS* WHICH “INFUSE” MOVEMENT, STRETCHING AND BREATH INTO YOUR DAY.