


























Functional Fitness.

November 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 –  Functional Fitness 8:00		 7:00 – Functional Fitness 8:00	 7:00 –  Functional Fitness 8:00		
	 9:00 –  Functional Fitness 10:00	 9:00 – Functional Fitness 10:00	 9:00 – Functional Fitness 10:00	 9:00 –  Functional Fitness 10:00	 9:00 – Functional Fitness 10:00	
	 10:00 – Stretching and Mobility 10:15	 10:00 – Stretching and Mobility 10:15		 10:00 – Stretching and Mobility 10:15	 10:00 – Stretching and Mobility 10:15	
	 12:00 – Stretching and Mobility 12:15	 12:00 – Stretching and Mobility 12:15		 12:00 – Stretching and Mobility 12:15		
		 4:45 – Stretching and Mobility 5:00		 4:45 – Stretching and Mobility 5:00		
		 5:00 – Functional Fitness 6:00		 5:00 – Functional Fitness 6:00		



- ◆ 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.