



Functional Fitness.

DECEMBER 28TH - JANUARY 8TH 2021

ALL classes are instructed online via  Powered by **zoom**

(please contact us at info@functionalfitness.ca for login information to join the classes.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	7:00 12 Days Workout 9:00 12 Days Workout	9:00 12 Days Workout 5:00 12 Days Workout	7:00 12 Days Workout 9:00 12 Days Workout	9:00 12 Days Workout New Years' Eve	New Year's Day (2021) 	
3	4	5	6	7	8	9
	7:00 12 Days Workout 9:00 12 Days Workout	9:00 Functional Fitness	7:00 12 Days Workout 9:00 12 Days Workout	9:00 12 Days Workout 5:00 12 Days Workout	9:00 12 Days Workout	

- The workouts denoted as “12 Days Workouts” are part of the 12 Days of Christmas Challenge running from December 28th – January 8th and will be following that theme... but you are still welcome to join in.
- These workouts may be shorter than 60 minutes in duration.
- If you feel like joining in the Challenge (12 workouts in 12 days) please head over to the website and sign up.