Functional Fitness.

JANUARY 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
	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		12:00 – 12:15 Stretching and Mobility		
	5:00 – 6:00 Functional Fitness	5:00 – 6:00 Functional Fitness		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.

"HYBRID" CLASS (ZOOM AND IN-GYM)

WORKOUTS USING WEIGHTS **

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

www.FunctionalFitness.ca

#AreYouReady