















ALL classes are instructed online via  Powered by **ZOOM** unless otherwise noted.
 (please contact us at info@functionalfitness.ca for login information to join the classes.)

- ◆ The "Waiting Room" option for Zoom meetings is turned ON and allows access to the meeting throughout its duration;
- ◆ At the scheduled start time, participants will be muted and the class will begin.

 this icon indicates an in-gym class (as well as online)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:00 Weights 		7:00 - Weights 8:00 (Zoom ONLY) 		7:00 - 8:00 Weights 
	7:30 - Bodyweight 8:30 (Zoom ONLY) 		7:30 - Bodyweight 8:30 (Zoom ONLY) 	
9:00 - 10:00 Weights 	9:00 - Outdoor Class  10:00 (NOT ZOOM-ABLE)	9:00 - Weights 10:00 (Zoom ONLY) 	9:00 - Outdoor Class  10:00 (NOT ZOOM-ABLE)	9:00 - 10:00 Weights 
12:15 - 12:30 "Pulse" Class 		12:15 - 12:30 "Pulse" Class 		12:15 - 12:30 "Pulse" Class 
	5:00 - Bodyweight 6:00 (Zoom ONLY) 		5:00 - Bodyweight 6:00 (Zoom ONLY) 