















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



indicates that a class is available via Zoom.

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



indicates an in-gym class.

### IMPORTANT DATES & NOTES:

MAY 23rd (Victoria Day) - NO CLASSES