























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



indicates that a class is available via Zoom.

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



indicates an in-gym class.

IMPORTANT DATES & NOTES:

THURSDAY, JUNE 2nd - NO A.M. CLASSES (7:00 or 9:00)