






















Functional Fitness.

AUGUST 2022



GROUP TRAINING SCHEDULE

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:

NEW PRICING:

1 Month Unlimited - \$155²⁵ (\$135 + tax)

12-Class Punchcard - \$189⁷⁵ (\$165 + tax)