
























Functional Fitness.

February 2023

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 - 10:00 Bodyweight  	9:00 - TBD 10:00 (gym only) 	9:00 - 10:00 Bodyweight  	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.