
























# Functional Fitness.

# September 2023

(September 13th - 30th)

## GROUP TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:00  		7:00 - 8:00  		7:00 - 8:00  
	7:30 - 8:30  		7:30 - 8:30  	
9:00 - Outdoor Class 10:00  	9:00 - 10:00  	9:00 - Outdoor Class 10:00  <i>(NOT ZOOM-ABLE)</i>	9:00 - 10:00  	9:00 - 10:00  
	5:00 - 6:00 		5:00 - 6:00 	



indicates that a class is available via Zoom.



indicates an in-gym class.



outdoor classes held at Sheffield Park

### IMPORTANT DATES & NOTES:

\* This schedule begins Wednesday, September 13th

\*\* Please contact us at [info@functionalfitness.ca](mailto:info@functionalfitness.ca) with any questions  
(Zoom login information, outdoor class directions, etc...)