
























Functional Fitness.

July 2024

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 - 10:00  	9:00 - 10:00  	9:00 - Outdoor Class  10:00 (NOT ZOOM-ABLE)	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:

* Monday, July 1st, 2024 - NO CLASSES

* Friday, July 19th, 2024 - NO CLASSES

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