






















Functional Fitness.

October 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   |

IMPORTANT DATES & NOTES:

- ★ Wednesday, October 9th - 9:00 AM changed to 10:00 AM (ONE TIME ONLY)
- ★ Thursday, October 10th - NO CLASSES
- ★ Monday, October 14th (Thanksgiving) - 9:00 AM class ONLY



indicates that a class is available via Zoom.



indicates an in-gym class.



outdoor class held at Westridge Diamond

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