





















Functional Fitness.

March 2025

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 - IN-GYM ONLY 10:00 (NOT ZOOM-ABLE)	9:00 - 10:00  	9:00 - 10:00  



indicates that a class is available via Zoom.



indicates an in-gym class.

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

IMPORTANT DATES & NOTES:

★ CHEERLEADING CAMPS - March 10 - 14