Functional Fitness.

DECEMBER 2025

GROUP TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8 15 **7:00** Weights **9:00** Weights	2 9 16 **7:30** Bodyweight **9:00** Bodyweight	3 10 17 **7:00** Weights **9:00** In-Gym Only	4 11 18 **7:30** Bodyweight **9:00** Bodyweight	5 12 19 **7:00** Weights **9:00** Weights
22 **7:30** Weights **9:30** Weights	23 **7:30** Bodyweight **9:30** Bodyweight	24 **7:30** Weights **9:30** Weights 	25 CHRISTMAS NO CLASS 	26 *Boxing Day* NO CLASS
29 **7:00** Weights **9:00** Weights	30 **7:30** Bodyweight **9:00** Bodyweight	31 **7:00** Weights **9:00** Weights	JANUARY 1, 2026 *New Year's Day* NO CLASS	2 **7:00** Weights **9:00** Weights

ALL classes are still available via Zoom EXCEPT Wednesday 9:00 class.
(please contact us at info@functionalfitness.ca for login information to join the classes)

indicates an in-gym class.

www.FunctionalFitness.ca

Are You Ready?