



























# Functional Fitness.

# March 2026

## 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 - 10:00 	9:00 - 10:00  	9:00 - 10:00  



indicates that a class is available via Zoom.



indicates an in-gym class.



weight-based workout



bodyweight workout

**IMPORTANT DATES & NOTES:**

★ MARCH 20, 2026 - ALL CLASSES ON ZOOM!

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