

FUNCTIONAL FITNESS

December 2012/ January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 No training	24 Regular training until 1:00 pm <i>Christmas Eve</i>	25 No training <i>Christmas Day</i>	26 <i>9:30 am Fit Factor</i> no other training <i>Boxing Day</i>	27 Regular training sessions	28 Regular training sessions	29 <i>9:30 am Fit Factor</i>
30 No training	31 Regular training sessions <i>New Years' Eve</i>	<i>January 1st, 2013</i> No training <i>New Years' Day</i>	2 Regular training sessions	3 Regular training sessions	4 Regular training sessions	5 No training

