

THE MOVEMENT.

FUNCTIONAL TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.15 AM FUNCTIONAL TRAINING	5.15 AM FUNCTIONAL TRAINING	5.15 AM FUNCTIONAL TRAINING	5.15 AM FUNCTIONAL TRAINING	5.15 AM FUNCTIONAL TRAINING	
6.30 AM FUNCTIONAL TRAINING	6.30 AM FUNCTIONAL TRAINING	6.30 AM FUNCTIONAL TRAINING	6.30 AM FUNCTIONAL TRAINING	6.30 AM FUNCTIONAL TRAINING	6.30 AM FUNCTIONAL TRAINING
9.15 AM FUNCTIONAL TRAINING	9.15 AM FUNCTIONAL TRAINING	9.15 AM FUNCTIONAL TRAINING	9.15 AM FUNCTIONAL TRAINING	9.15 AM FUNCTIONAL TRAINING	8.00 AM FUNCTIONAL TRAINING
4.30 PM FUNCTIONAL TRAINING	4.30 PM FUNCTIONAL TRAINING	4.30 PM FUNCTIONAL TRAINING	4.30 PM FUNCTIONAL TRAINING	4.30 PM FUNCTIONAL TRAINING	
5.45 PM FUNCTIONAL TRAINING	5.45 PM FUNCTIONAL TRAINING	5.45 PM YOGA	5.45 PM FUNCTIONAL TRAINING	5.45 PM PILATES	

**** MOBILITY CLASSES ALL DAY - EVERY OTHER WEEK ON EITHER WEDNESDAY OR THURSDAY.**