

FUNCTIONAL TRAINING

Quick, high-impact 45-minute sessions keeping you motivated, challenging yourself and see results!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:15am	<i>FUNCTIONAL</i>	<i>STRENGTH</i>	<i>AEROBIC</i>	<i>STRENGTH</i>	<i>AEROBIC</i>		
06:10am			<i>AEROBIC</i>	<i>STRENGTH</i>			
07:30am						<i>FUNCTIONAL</i>	
09:00am	<i>FUNCTIONAL</i>		<i>AEROBIC</i>		<i>AEROBIC</i>		
09:30am		<i>STRENGTH</i>					
17:30pm	<i>FUNCTIONAL</i>	<i>STRENGTH</i>	<i>AEROBIC</i>	<i>STRENGTH</i>			

- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.