

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	FUNCTIONAL	STRENGTH	AEROBIC	STRENGTH	AEROBIC		
06:10am	FUNCTIONAL	STRENGTH	AEROBIC	STRENGTH			
07:30am						FUNCTIONAL	
09:00am	FUNCTIONAL		AEROBIC		AEROBIC		
09:30am							
17:30pm	FUNCTIONAL	STRENGTH	AEROBIC	STRENGTH			

- 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.