

FUNCTIONAL TRAINING

45-minute sessions that will keep you motivated. Train smarter & work harder. Let our expert coaches guide you through your workout!

	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							
09:30am							
17:30pm	FUNCTIONAL	STRENGTH		AEROBIC			

- Timetable subject to change based on instructor availability.
- Available to members with Premium membership
- 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.