

B Active Functional Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	FUNCTIONAL				AEROBIC		
8:00AM			STRENGTH				
9:30AM		AEROBIC		FUNCTIONAL			
4:00pm		STRENGTH					
5:45pm			FUNCTIONAL				
6:00pm				AEROBIC			



[Download the Active World App to book your group fitness classes](#)