

FUNCTIONAL TRAINING

Challenge yourself in our **B ACTIVE FUNCTIONAL TRAINING** program. These 45-minute classes are sure to raise your heart rate!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:05AM	FUNCTIONAL	STRENGTH	AEROBIC	FUNCTIONAL	AEROBIC	
6:30AM						STRENGTH
7:30AM						AEROBIC
09:05AM	STRENGTH	AEROBIC	FUNCTIONAL	STRENGTH	FUNCTIONAL	
05:30PM	STRENGTH	AEROBIC	FUNCTIONAL	STRENGTH	FUNCTIONAL	



BOOK YOUR SPOT THROUGH THE ACTIVE WORLD APP!

Download the app to login or sign up.
For class schedules and more, visit our group fitness timetable. For assistance, complete an enquiry form on our contact page at www.albanycreeklc.com.au

