

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	STRENGTH 1 Teagan	AEROBIC (BLAST) Emma	FUNCTIONAL (FUSION) Alex	AEROBIC (IGNITE 2.0) Emma	STRENGTH 2 Sam	
6:30AM						FUNCTIONAL (PRIME) LUKE, JARRED
7:30AM						FUNCTIONAL (PRIME) LUKE, JARRED
09:05AM	STRENGTH 1 Teagan	AEROBIC (BLAST) ALEX	FUNCTIONAL (FUSION) Alex	AEROBIC (IGNITE 2.0) Sam	STRENGTH 2 Sam	
05:30PM	STRENGTH 1 Luke	AEROBIC (BLAST) SAM	FUNCTIONAL (FUSION) Hunter	AEROBIC (IGNITE 2.0) Sam	STRENGTH 2 Jarred	



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