

# 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	ENDURANCE (BOOKED AS AEROBIC)	STRENGTH	COACH'S CALL (BOOKED AS FUNCTIONAL)	FUNCTIONAL	STRENGTH	
6:30AM						COACH'S CALL (BOOKED AS FUNCTIONAL)
09:05AM	ENDURANCE (BOOKED AS AEROBIC)	STRENGTH	COACH'S CALL (BOOKED AS FUNCTIONAL)	FUNCTIONAL	STRENGTH	
05:30PM	ENDURANCE SPRINT (BOOKED AS AEROBIC)	STRENGTH	COACH'S CALL (BOOKED AS FUNCTIONAL)	FUNCTIONAL	STRENGTH	



**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](http://www.albanycreeklc.com.au)