

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	CARDIO BLAST BOOKED AS AEROBIC	STRENGTH	COACH'S CALL BOOKED AS FUNCTIONAL	M E R R Y C H R I S T M A S		
6:15AM						
09:05AM	CARDIO BLAST BOOKED AS AEROBIC	STRENGTH	COACH'S CALL BOOKED AS FUNCTIONAL			
05:30PM	CARDIO BLAST BOOKED AS AEROBIC	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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEE TIMES				H A P P Y N E W Y E A R	STRENGTH 5:05AM	
UNDER						
CLASS	CARDIO BLAST BOOKED AS AEROBIC 8:00AM	STRENGTH 8:00AM	COACH'S CALL BOOKED AS FUNCTIONAL 8:00AM		STRENGTH 9:05AM	
					STRENGTH 5:30PM	



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