

B Active Functional Training Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM	STRENGTH			STRENGTH	FUNCTIONAL		
9:30AM	STRENGTH	AEROBIC		STRENGTH			
6:00PM	STRENGTH	AEROBIC		FUNCTIONAL			
7:00PM	STRENGTH	AEROBIC					



[Click here to download the Active World App to book your group fitness classes.](#)