

# FitFT-Functional Training Schedule

**Try out our new functional training classes!**

Experience FITLAB's Premium Performance Center during a daily FULL BODY workout led by a certified personal trainer.

Ask for your **FREE** trial at the front desk.

**BUILD**  
MUSCLE

**BURN**  
FAT

**BOOST**  
METABOLISM

<b>Monday</b>	<b>8am, 9am &amp; 5:30pm</b>	<b>Build</b> - Full Body & Toning
<b>Tuesday</b>	<b>8am, 9am &amp; 5:30pm</b>	<b>Burn</b> - HITT- Fat Burn
<b>Wednesday</b>	<b>9am &amp; 5:30pm</b>	<b>Build</b> - Full Body & Core
<b>Thursday</b>	<b>8am, 9am &amp; 5:30pm</b>	<b>Burn</b> - HITT- Fat Burn
<b>Friday</b>	<b>9am &amp; 5:30pm</b>	<b>Boost</b> -Functional Training
<b>Saturday</b>	<b>8:30am</b>	<b>Blast</b> -Mixed Training