

FITLAB FT-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

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| Monday | 8am, 9am, 5:30pm & 6:30pm | Build - Full Body & Toning |
| Tuesday | 8am, 9am & 5:30pm | Burn - HITT- Fat Burn |
| Wednesday | 8am, 9am & 5:30pm | Build - Full Body & Core |
| Thursday | 8am, 9am, 5:30pm & 6:30pm | Burn - HITT- Fat Burn |
| Friday | 8am, 9am & 5:30pm | Boost -Functional Training |
| Saturday | 8:30am | Blast -Mixed Training |