

# FUNCTIONAL TRAINING PROGRAM

## CLASS SCHEDULE - EFFECTIVE 9.3.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	5:15am	5:15am	5:15am	5:15am	8:00am	8:00am
6:15am		6:15am		6:15am		
7:15am	7:15am	7:15am	7:15am	7:15am		
9:00am	9:00am	9:00am	9:00am	9:00am		
		5:15pm	5:15pm			

**FUNCTIONAL TRAINING CLASSES REQUIRE MEMBERSHIP & RESERVATION ON OUR APP**

**The Greate Bay Functional Training Program is designed to provide a small group, functional full-body workout while improving metabolic rate, strength, and endurance. It is one of the most time-efficient ways of training, incorporating a mix of circuit and H.I.I.T. style workouts geared towards everyday movements.**