

FUNCTIONAL TRAINING

Quick, high-impact 30-minute sessions keeping you motivated, challenging yourself and see results!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15AM		AEROBIC	STRENGTH	FUNCTIONAL	STRENGTH		
09:30AM	FUNCTIONAL	AEROBIC	STRENGTH	FUNCTIONAL	STRENGTH	AEROBIC	STRENGTH
05:30PM	FUNCTIONAL						
06.30PM			STRENGTH				



BOOK YOUR SPOT THROUGH THE ACTIVE WORLD APP!

Download the app to login or sign up – and use the code **watermarc**
 For class schedules and more, visit our group fitness timetable. For assistance,
 complete an enquiry form on our contact page at www.watermarcbanyule.com.au