

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

Monday Open Gym 5am-7pm	Classes 6am, 8am, 3:30pm, 5:30pm, 7pm	BUILD Full Body & Core
Tuesday Open Gym 5am-7pm	Classes 6am, 8am, 3:30pm, 5:30pm	BURN HIT- Fat Burn
Wednesday Open Gym 5am-7pm	Classes 6am, 8am, 3:30pm, 5:30pm, 7pm	BUILD Full Body & Core
Thursday Open Gym 5am-7pm	Classes 6am, 8am, 3:30pm, 5:30pm	BURN HIT- Fat Burn
Friday Open Gym 5am-7pm	Classes 6am, 8am, 3:30pm, 5:30pm	BOOST Functional Training
Saturday Open Gym 7am-12pm	Classes 7:30am, 9am	BLAST Mixed Training

*Sunday Closed