

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.

Please email
fitlabft@gmail.com
to sign up for your
first class **FREE!**

BUILD
MUSCLE

BURN
FAT

BOOST
METABOLISM

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