

# FUNCTIONAL FITNESS

Functional fitness is a strength and conditioning program designed to transform your body and increase your fitness level. The concept behind this is to move better. Throughout the duration of the course you are guaranteed to find a marked improvement in posture, fitness levels, metabolism, body toning, muscle building and burning fat. Altogether, this makes for a greatly improved way of life.

Each class includes 3 main areas of fitness: strength, endurance and flexibility. It incorporates the basics of Olympic weightlifting, gymnastics and metabolic conditioning. Class size is kept small to be able to offer individualised member workout.

## CLASS SCHEDULE

### MONDAY - FRIDAY

6:00 - 7:00

13:00 - 14:00

16:00 - 17:00

17:00 - 18:00

18:00 - 19:00

19:00 - 20:00

### SATURDAY

9:00 - 10:00

10:00 - 11:00

11:00 - 12:00

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# STEP IT UP

TAKE YOUR FITNESS LEVEL  
TO THE NEXT STAGE

## OPENING HOURS

Mon - Fri 6:00 - 22:00

Sat 8:00 - 19:00

Sun 8:00 - 12:00

[WWW.THEBOX-GYM.COM](http://WWW.THEBOX-GYM.COM)



**THE BOX**

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