

FUNCTIONALITY X

BUILDING FUNCTIONAL BODIES

RED - FUNCTIONAL STRENGTH & CONDITIONING CLASSES

BLUE - HYROX CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
5:30 AM	5:30 AM	5:30 AM	5:30 AM	5:30 AM
6:45 AM	6:45 AM	6:45 AM	6:45 AM	6:45 AM
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM

 Farm Gym, Blaauwklippen Wine Estate,
Stellenbosch

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