FREERUN

MAIN: 905 812 5240 | 6593 KITIMAT RD, #2, MISSISSAUGA, L5N 4J4 | WWW.FREERUNINC.COM

ONLINE CLASS SCHEDULE VIRTUAL ONLY - APRIL 2021

TIME ↓	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00AM	Strength Virtual	Stamina Virtual	Strength Virtual	Stamina Virtual	Strength Virtual	
10:00am						Strength Virtual
11:30am						Strength Virtual
12:30PM	Dirty 30 Instagram	Dirty 30 Instagram	Dirty 30 Instagram	Dirty 30 Instagram	Dirty 30 Instagram	
5:30PM	Strength Virtual	Stamina Virtual	Strength Virtual	Stamina Virtual	Strength Virtual	
7:00PM	Strength Virtual	Mobility Virtual	Strength Virtual	Stamina Virtual	Mobility Virtual	

DIRTY THIRTY - join us on Instagram for a 30 min Lunch break sweat session!
These quick workouts are designed to break up your day without
****Booking Window for virtual classes closes 10 min before class start time.****