

ENDURANCE

FITNESS of MN

January Les Mills Launch Schedule

Saturday January 12th:

6:30 – 7:15 a.m.	Bootcamp
7:30 – 8:30 a.m.	BodyPump® 108
8:40 – 9:40 a.m.	BodyStep® 114
9:50 – 10:50 a.m.	BodyFlow® 83

Saturday January 19th:

6:30 – 7:15 a.m.	Bootcamp
7:30 – 8:30 a.m.	BodyPump® 108
8:40 – 9:40 a.m.	BodyCombat® 78
9:45 – 10:15 a.m.	CXWORX® 33
10:20 – 11:20 a.m.	BodyFlow® 83

****All other class times and schedules will remain the same as normally scheduled****

Launch classes are free and open to the public.