

ENDURANCE FITNESS of MN

January 7th - February

Kids Care Hours:

Mon-Fri. Mornings: 9:00a.m.-12:00p.m.
 Mon-Thur. Evenings: 4:15p.m.-8:30p.m.
 Friday Evening: 4:15p.m. - 8:00p.m.
 Saturday: 7:30a.m - 12:00p.m.
 Sunday: 4:00p.m. - 7:30p.m.

****Please Note:** Children arriving in Kids Care MUST CHECK-IN 30 minutes prior to the closing of Kids Care. Kids Care WILL CLOSE 30 minutes early if there are no children checked in.**

Member Service Hours:

Mon-Thurs: 5:00a.m.-8:00p.m.
 Friday: 5:00a.m.-7:30p.m.
 Saturday: 7:00 a.m.-12:00 p.m.
 Sunday: 7:00 a.m.-11:00 a.m.
 4:00 p.m.-7:30 p.m.

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:15 - 6:15 am	BodyPump®	Roger	5:15 - 5:45 am	Tabata	Barb
			5:50 - 6:20 am	CXWORX®	Barb
8:00 - 9:00 am	BodyFlow®	Paula	9:15 - 10:15 am	BodyCombat®	Wendy
9:15 - 10:15 am	BodyPump®	Wendy	10:20 - 10:50 am	BodyFlow® express	Paula
10:20 - 11:05 am	BodyCombat® express	Wendy	11:00 - 11:30 am	CardioLite	Rhonda
11:15 - 12:00	CardioLite	Deb	11:35 - 12:05	Gentle Yoga Sculpt	Rhonda
4:45 - 5:30 pm	BodyCombat®	RayLynn	3:55 - 4:25 pm	CXWORX®	Paula
5:35 - 6:35 pm	BodyPump®	Paula	4:30 - 5:00 pm	Tabata	Paula
6:40 - 7:25 pm	BodyStep® express	Jon H	5:05 - 6:05 pm	Yoga	Rhonda
7:35 - 8:35 pm	Oula	Angel	6:10 - 7:10 pm	Zumba	Mary
			7:15 - 8:15 pm	BodyPump®	Jon
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
5:30 - 6:30 am	BodyCombat®	Wendy	5:15 - 6:15 am	BodyPump®	Roger
9:15 - 10:15 am	BodyStep®	Stephanie	8:00 - 9:00 am	Yoga	Paula
10:20 - 10:50 am	Core Conditioning	Stephanie	9:15 - 10:15 am	BodyPump®	Vickie
11:00 - 11:30 am	CardioLite	Rhonda	10:30 - 11:00 am	Tai Chi	Lumiko
11:35 - 12:05	Gentle Yoga Sculpt	Rhonda	11:15 - 12:00 pm	CardioLite	Deb
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3:55 - 4:25 pm	CXWORX®	Nancy M	4:30 - 5:30 pm	Oula	Molly
4:30 - 5:00 pm	Tabata	Barb	5:35 - 6:35 pm	BodyPump®	Teresa
5:05 - 6:05 pm	Yoga	Rhonda	6:40 - 7:40 pm	BodyFlow®	Teresa
6:10 - 7:10 pm	Zumba	Mary			
7:15 - 8:15 pm	BodyPump®	RayLynn			
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
5:15 - 6:15 am	BodyPump®	Roger	6:30 - 7:15 am	Boot Camp	Roger
8:00 - 9:00 am	Yoga	Rhonda	7:30 - 8:30 am	BodyPump®	Stephanie/Wendy
9:15 - 9:45 am	HIIT/Tabata	Barb	8:40 - 9:40 am	BodyStep®	Stephanie/Wendy
9:50 - 10:20 am	CXWORX®	Barb	9:50 - 10:50 am	BodyFlow®	Penny/Jon M
10:30 - 11:00 am	Tai Chi	Lumiko			
11:15 - 12:00	CardioLite	Deb			
4:30 - 5:30 pm	BodyStep®	Wendy			
5:35 - 6:35 pm	BodyPump®	RayLynn			
6:40 - 7:30 pm	BodyFlow® express	Teresa			
7:35 - 8:35 pm	Oula	Angel			
Sunday			Sunday		
Time	Class	Instructor	Time	Class	Instructor
7:30 - 8:15 am	BodyPump-express	Barb	5:30 - 6:30 pm	BodyPump®	Paula/Minda
8:20 - 8:50 am	CXWORX®	Barb	6:40 - 7:40 pm	BodyFlow®	Paula/Minda
9:00 - 10:00 am	BodyStep®	Mike			