

ENDURANCE FITNESS OF MN

November 2020

Current Operating Hours

Monday - Thurs: 5:00a.m.-10:00 p.m.

Friday: 5:00a.m.- 8:00p.m.

Saturday: 7:00a.m. - 6:00p.m.

Sunday: 7:00a.m. - 8:00p.m.

To reserve a spot in a group fitness class, visit:
www.endurancefitnessofmn.com/schedule

*Classes and operating hours are subject to change.

Please visit our website for updates.

www.endurancefitnessofmn.com

Monday

Time	Class	Studio	Instructor
5:15 - 6:15 a.m.	BodyPump®		Roger
6:25 - 7:20 a.m.	R.I.P.P.E.D		Heidi
7:30 - 8:00 a.m.	Cardio Kick		Stephanie
8:00 - 8:30 a.m.	HIIT		Stephanie
8:35 - 9:05 a.m.	Core Conditioning	PT Studio	Stephanie
8:40 - 9:35 a.m.	Yoga/Foam Rolling		Paula
9:45 - 10:45 a.m.	BodyPump®		Wendy
11:15 - 12:00 p.m.	CardioLite		Rhonda
4:45 - 5:30 p.m.	BodyCombat®		RayLynn
5:40 - 6:40 p.m.	BodyPump®		Paula
6:45 - 7:15 p.m.	BodyFlow Express®		Paula
7:30 - 8:30 p.m.	OULA		Michelle

Thursday

Time	Class	Instructor
5:15 - 5:45 a.m.	Tabata	Barb
5:50 - 6:20 a.m.	CXWORX®	Barb
8:15 - 9:15 a.m.	BodyPump®	Cambria
9:30 - 10:00 a.m.	Les Mills Barre®	Cambria
10:15 - 11:15 a.m.	BodyCombat®	Wendy
11:25 - 12:00 p.m.	Yoga Sculpt	Rhonda
4:00 - 5:00 p.m.	Yoga	Rhonda
5:15 - 6:15 p.m.	BodyPump®	Penny
6:30 - 7:30 p.m.	Les Mills Barre®/BodyFlow®	Penny

Tuesday

Time	Class	Instructor
5:15-6:15 a.m.	BodyStep®	Barb
6:30 - 7:15 a.m.	BodyCombat® Express	Wendy
8:00 - 9:00 a.m.	BodyPump®	Stephanie
9:15 - 10:15 a.m.	BodyStep®	Stephanie
11:15 - 12:00 p.m.	Yoga Sculpt	Rhonda
2:30 - 3:00 p.m.	CXWORX®	Paula
3:15 - 3:45 p.m.	Tabata	Paula
4:00 - 5:00 p.m.	Yoga	Rhonda
5:15 - 6:15 p.m.	BodyStep®	Tommy
6:30 - 7:30 p.m.	BodyPump®	Tommy

Friday

Time	Class	Instructor
5:15 - 6:15 a.m.	BodyPump®	Roger
6:25 - 7:20 a.m.	BodyStep®	Wendy
7:30 - 8:00 a.m.	Cardiokick	Stephanie
8:00 - 8:30 a.m.	HIIT	Stephanie
8:40 - 9:20 a.m.	Yoga	Paula
8:35 - 9:05 a.m.	Core Conditioning	PT Studio
9:30 - 10:30 a.m.	BodyPump®	Victoria
4:00 - 5:00 p.m.	Freestyle Step	Shauna
5:15 - 6:15 p.m.	BodyPump®	Teresa
6:30 - 7:30 p.m.	BodyFlow®	Teresa

Wednesday

Time	Class	Instructor
5:15 - 6:15 a.m.	BodyPump®	Roger
6:30 - 7:25 a.m.	R.I.P.P.E.D.	Victoria
8:10 - 9:10 a.m.	BodyFlow®	Paula
9:20 - 10:20 a.m.	BodyPump®	Barb/Paula
10:30 - 11:00 a.m.	Tabata	Barb/Paula
11:15 - 12:00	Cardiolite	Mary
4:30 - 5:30 p.m.	BodyCombat®	Wendy
5:45 - 6:30 p.m.	BodyPump Express®	RayLynn
6:40 - 7:10 p.m.	CXWORX®	RayLynn
7:20 - 8:20 p.m.	OULA	Christina

Saturday

Time	Class	Instructor
6:30 - 7:15 a.m.	Bootcamp	Roger
7:30 - 8:30 a.m.	BodyPump®	Steph/Wendy
8:45 - 9:45 a.m.	BodyStep®	Steph/Wendy
10:00 - 11:00 a.m.	BodyFlow®	Tommy
11:15 - 12:15 p.m.	BodyPump®	Barb
12:30 - 1:15 p.m.	Oula	Shelley
1:30 - 2:00 p.m	LM BARRE®	Shelley

Sunday

Time	Class	Instructor
7:30 - 8:30 a.m.	BodyPump®	Jon
8:45 - 9:15 a.m.	CXWORX®	Barb
9:30 - 10:30 a.m.	BodyStep®	Mike
10:40 - 11:25 a.m.	Tabata	Melanie
5:15 - 6:15 p.m.	BodyPump®	Teresa/Tommy
6:30 - 7:30 p.m.	BodyFlow®	Teresa/Tommy