

ENDURANCE FITNESS OF MN

April 2021

Tours and Staffed Hours

Available upon request.

Please call:(763) 208-9184 or

Email: getfit@endurancefitnessofmn.com

To set up an appointment or to speak with a manager.

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
7:30 - 7:55 a.m.	Core Conditioning		Stephanie
8:00 - 8:30 a.m.	HIIT		Stephanie
8:40 - 9:10 a.m.	Cardiokick		Stephanie
9:30 - 10:30 a.m.	BodyPump®		Wendy
11:15 - 12:00 p.m.	CardioLite		Rhonda
4:35 - 5:30 p.m.	BodyCombat®		RayLynn
5:40 - 6:40 p.m.	BodyPump®		Paula
6:45 - 7:15 p.m.	Yoga Sculpt		Paula
7:30 - 8:30 p.m.	OULA		Michelle/Catherine

Thursday

Time	Class	Instructor
5:30 - 6:30 a.m.	Tabata/Les Mills Core®	Barb
8:00 - 9:00 a.m.	BodyPump®	Barb/Paula
9:15 - 10:15 a.m.	BodyCombat®	Wendy
11:15 - 12:00 p.m.	Yoga Sculpt	Rhonda
4:00 - 5:00 p.m.	Yoga	Paula
5:15 - 6:15 p.m.	BodyPump®	Penny

Tuesday

Time	Class	Instructor
5:00-6:00 a.m.	BodyStep®	Barb
6:10 - 7:10 a.m.	BodyCombat®	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
4:00 - 5:00 p.m.	Yoga	Rhonda
5:30 - 6:20 p.m.	BodyStep®	Jon
6:30 - 7:30 p.m.	BodyFlow®	Jon

Friday

Time	Class	Instructor
5:00 - 6:00 a.m.	BodyPump®	Roger
6:10 - 7:00 a.m.	BodyStep®	Wendy
7:10 - 8:20 a.m.	Core / HIIT	Stephanie
8:30 - 9:20 a.m.	Yoga	Paula
9:30 - 10:30 a.m.	BodyPump®	Victoria
5:30 - 6:30 p.m.	BodyPump®	Jon/Paula
6:30 - 7:30 p.m.	BodyFlow®	Jon/Paula

Wednesday

Time	Class	Instructor
5:15 - 6:15 a.m.	BodyPump®	Roger
7:30 - 8:30 a.m.	Yoga/BodyFlow®	Paula
8:40 - 9:40 a.m.	BodyPump®	Barb/Paula
9:50 - 10:35 a.m.	Tabata/Les Mills Core®	Paula/Barb
4:30 - 5:30 p.m.	BodyCombat®	Maria
5:45 - 6:30 p.m.	BodyPump Express®	RayLynn
6:40 - 7:10 p.m.	Les Mills Core®	RayLynn
7:20 - 8:20 p.m.	OULA	Christina

Saturday

Time	Class	Instructor
8:00 - 9:00 a.m.	BodyPump®	Steph/Wendy
9:15 - 10:15 a.m.	BodyStep®	Steph/Wendy
10:30 - 11:15 a.m.	BodyFlow Express®	Teresa
11:30 - 12:30 p.m.	BodyCombat®	Tommy

Sunday

Time	Class	Instructor
7:30 - 8:30 a.m.	BodyPump®	Barb
8:45 - 9:15 a.m.	Les Mills Core®	Barb
9:30 - 10:30 a.m.	BodyStep®	Mike