

# ENDURANCE FITNESS OF MN

OCTOBER 2021

## Tours and Staffed Hours

Available upon request.

Please call:(763) 208-9184 or

Email: [getfit@endurancefitnessofmn.com](mailto:getfit@endurancefitnessofmn.com)

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

\*Classes and operating hours are subject to change.

Please visit our website for updates.

[www.endurancefitnessofmn.com](http://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
6:30 - 7:30 p.m.	OULA	Catherine

### 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
9:10 - 10:10 a.m.	BodyStep®	Stephanie
11:15 - 12:00 p.m.	Yoga Sculpt	Rhonda
4:00 - 5:00 p.m.	Yoga	Rhonda
5:30 - 6:30 p.m.	BodyStep®	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
8:00 - 9:00 a.m.	Yoga/BodyFlow®	Paula
9:15 - 10:15 a.m.	BodyPump®	Wendy/Paula
10:25 - 10:55 a.m.	Tabata	Paula/Barb
11:15 - 12:00 p.m.	Cardiolite	Rhonda
4:45 - 5:30 p.m.	HIIT	Barb
5:45 - 6:30 p.m.	BodyPump Express®	RayLynn
6:40 - 7:10 p.m.	Les Mills Core®	RayLynn

### Saturday

Time	Class	Instructor
8:00 - 9:00 a.m.	BodyPump®	Steph/Wendy
9:10 - 10:10 a.m.	BodyStep®	Steph/Wendy

### Sunday

Time	Class	Instructor
7:30 - 8:30 a.m.	BodyPump®	Barb
8:40 - 9:10 a.m.	Les Mills Core®	Barb
9:20 - 10:20 a.m.	BodyStep®	Mike
6:30 - 7:30 p.m.	BodyFlow®	Tommy