

ENDURANCE FITNESS OF MN

JANUARY 2022

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.

*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
8:35 - 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

Thursday

Time	Class	Instructor
5:30 - 6:30 a.m.	BodyStep®	Wendy
8:00 - 9:00 a.m.	BodyPump®	Paula
9:15 - 10:15 a.m.	BodyCombat®	Wendy
11:15 - 12:00 p.m.	Yoga Sculpt	Rhonda
4:00 - 4:30 p.m.	Tabata	Paula
4:35 - 5:05 p.m.	Yoga	Paula
5:15 - 6:15 p.m.	BodyPump®	Jon
6:30 - 7:30 p.m.	OULA	Catherine

Tuesday

Time	Class	Instructor
5:30 - 6:30 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
3:45 - 4:15 p.m.	Tabata	Rhonda
4:30 - 5:30 p.m.	Yoga	Rhonda

Friday

Time	Class	Instructor
5:15 - 6:15 a.m.	BodyPump®	Roger
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
4:30 - 5:30 p.m.	BodyFlow®	Tommy/Paula
5:35 - 6:30 p.m.	BodyPump®	Tommy/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
10:25 - 10:55 a.m.	HIIT	Wendy
11:15 - 12:00 p.m.	Cardiolite	Rhonda
4:30 - 5:30 p.m.	BodyStep®	Tommy
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
**8:00 a.m.	Cardio Kickboxing	Nicole

*Cardio Kickboxing classes are held in the personal training room and are limited to 8 participants. No equipment necessary. First class is FREE. Class cards are available for purchase.

Sunday

Time	Class	Instructor
7:30 - 8:30 a.m.	BodyPump®	Roger
9:00 - 10:00 a.m.	BodyStep®	Mike
6:30 - 7:30 p.m.	BodyFlow®	Tommy