



A service of
Lake Region HEALTHCARE
Vision. Integrity. Award winning care.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
MORNING 5:00 AM - 11:30 AM	5:00 - 5:45 CrossFit WOD Karoline	5:00 - 5:45 Barbell Club Karoline	5:00 - 5:45 CrossFit WOD Karoline	5:00 - 5:45 Barbell Club Karoline	5:00 - 5:45 CrossFit WOD Karoline		
	6:00 - 6:45 CrossFit WOD Karoline	6:00 - 6:45 CrossFit WOD Joel	6:00 - 6:45 CrossFit WOD Karoline	6:00 - 6:45 CrossFit WOD Joel	6:00 - 6:45 CrossFit WOD Karoline		
	6:00 - 6:45 Spinning Natalie	6:00 - 6:45 Tabata Missy		6:00 - 6:45 HIIT Missy	6:00 - 6:45 Spinning Natalie		
	7:00 - 7:30 Core Assets Natalie				7:00 - 7:30 Core Assets Natalie		
						8:00 - 9:00 Morning Blend Alisha (1st & 3rd Sat)	
	8:30 - 9:30 Diamond Ladies Rena		8:30 - 9:30 Diamond Ladies Rena				
	11:00 - 11:30 Low Pressure Fitness Jasey (1st & 3rd Monday)						
AFTERNOON NOON - 5:00 PM	12:00 - 12:45 CrossFit WOD Doug	12:00 - 12:45 CrossFit WOD Karoline	12:00 - 12:45 CrossFit WOD Doug	12:00 - 12:45 CrossFit WOD Karoline	12:00 - 12:45 CrossFit WOD Joel		
	12:00 - 12:45 HIIT Rena		12:00 - 12:45 HIIT Rena	12:00 - 12:45 Strong Missy			
		3:30-4:30 Yin Yoga Wendy (Mar-May)					3:00 - 4:00 Dance Fitness Missy (Until 4/11)
	4:30 - 5:00 Kettlebell Concepts Rena		4:30 - 5:00 Kettlebell Concepts Rena				
EVENING 5:15 PM - 8:30 PM	5:15 - 6:15 Class WOD Doug		5:15 - 6:15 Class WOD Doug		5:15 - 6:15 Class WOD Doug		KEY: CrossFit Fergus Falls Phatty Nattie's Studio Virtual ONLY
		5:30 - 6:45 Yoga Fusion Wendy (Mar-May)					
	6:15 - 7:00 Kick N Burn Alisha		6:15-7:00 Kick N Burn Alisha	6:15 - 6:45 Core Assets Alisha			
	7:00 - 7:30 Core Assets Alisha	6:50 - 7:45 Pump Up Remix Natalie		6:50 - 7:45 Pump Up Remix Natalie			
	6:30 - 7:30 Barbell Kristen	6:30 - 7:30 CrossFit WOD Kristen		6:30 - 7:30 CrossFit WOD Kristen			

More Information & Class Descriptions:

Class sizes are limited. Sign up is REQUIRED to attend a class.

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