



# CLASS SCHEDULE

Join us to build physical, psychological, and social well being at **eFit.institute**

**Hours:** Mon - Friday: 6am - 7pm, Saturday: 8 - 12pm

## Monday

6:15 am  
**endure training**  
with Mike

4:00 pm  
**embody**  
with Katherine

5:00 pm  
**endure training**  
with Dan

## Tuesday

6:15 am  
**endure training**  
with Mike

7:15 am  
**embody**  
with Courtney



## Wednesday

6:15 am  
**endure training**  
with Mike

4:00 pm  
**embody**  
with Courtney

5:00 pm  
**endure training**  
with Mike

6:00 pm  
**embody**  
with Courtney

## Thursday

6:15 am  
**endure training**  
with Mike

7:15 am  
**embody**  
with Andrea

5:00 pm  
**enrich seminar**  
Virtual

8:00 pm  
**embody**  
with Courtney

## Friday

6:15 am  
**endure training**  
with Mike

4:00 pm  
**embody**  
with Courtney

5:00 pm  
**endure training**  
with Mike



## Saturday

8:00 am  
**endure training**  
with Mike

9:00 am  
**embody**  
with Courtney

### SOMATIC

Prioritizing nervous system regulation through mindful movement and body awareness to enhance the mind-body connection.

### GYM

Circuit-based strength training in a supportive group setting, fostering physical well-being.