



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

5:30 pm
endure training
with Dan

Tuesday

6:15 am
endure training
with Mike



Wednesday

6:15 am
endure training
with Mike

4:00 pm
embody
with Courtney

5:30 pm
endure training
with Mike

Thursday

6:15 am
endure training
with Mike

12:00 pm
embody
with Courtney

8:00 pm
embody
with Courtney

Friday

6:15 am
endure training
with Mike

4:00 pm
embody
with Courtney

5:30 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.