

CLASS SCHEDULE

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

Hours: Mon - Friday: 6am - 7pm, Saturday: 8am - 2pm

Monday

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

**4:00 pm
embody**
with Katherine

**5:30 pm
endure
training**
with Mike

Tuesday

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



Wednesday

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

**12:15 pm
embody**
with Courtney

**5:30 pm
endure
training**
with Mike

Thursday

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



**6:00 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
smoothie
bar social**

**9:30 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.