



FITNESS ON DEMAND SCHEDULE SEPTEMBER 1 – DECEMBER 31 (2018)

NORTHLANDCENTERMN.COM

	11:30 am	12:40 pm
Monday	FIT FUSION - HARD BODY - WORKOUT 1 (46 min)	TRANSFORM 6 (54 min)
Tuesday	SPORT 1 (53 min)	POWER STEP 21 (53 min)
Wednesday	TRANSFORM 7 (53 min)	XTRAIN SUPER CUTS (49 min)
Thursday	RIP 27 (52 min)	REVOLUTION 24 (54 min)
Friday	WAR REMIXED (57 min)	YOGAFIT FOR WARRIORS (51 min)

