



112 2nd Ave. NW Mandan
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JANUARY 2018 CLASS SCHEDULE

	1	2	3	4	5	6
	5:40-6:30am NO CLASS 12:05-12:50pm NO CLASS ----- 6:35-7:25pm XABEAT (Lisa)	5:40-6:30am XABEAT (Lisa) 12:05-12:50pm XABEAT (Taylor) ----- -----	5:40-6:30am BUTTS & GUTS (Lisa) 12:05-12:50pm TOTAL BODY (Lisa) ----- -----	5:40-6:30am STEP INTERVAL (Lisa) 12:05-12:50pm KICK & TONE (Lisa) ----- 6:35-7:25pm XABEAT (Taylor)	5:40-6:30am STRENGTH & STRETCH (Lisa) 12:05-12:50pm XABEAT (Lisa) ----- -----	8:30-9:20AM XABEAT (Taylor)
7	5:40-6:30am XABEAT (Lisa) 12:05-12:50pm BUTTS & GUTS (Lisa) ----- 6:35-7:25pm XABEAT (Lisa)	5:40-6:30am CORE & LEGS (Lisa) 12:05-12:50pm XABEAT (Lisa) ----- -----	5:40-6:30am P.H.I.T (Lisa) 12:05-12:50pm TOTAL BODY (Lisa) ----- -----	5:40-6:30am KICK & TONE (Lisa) 12:05-12:50pm STEP & TONE (Lisa) ----- 6:35-7:25pm XABEAT (Taylor)	5:40-6:30am STRENGTH & STRETCH (Lisa) 12:05-12:50pm CARDIO DANCE (Lisa) ----- -----	8:30-9:20AM XABEAT (Lisa)
14	5:40-6:30am CARDIO DANCE (Lisa) 12:05-12:50pm CIRCUIT TRAINING (Lisa) ----- 6:35-7:25pm XABEAT (Lisa)	5:40-6:30am TOTAL BODY (Lisa) 12:05-12:50pm XABEAT (Lisa) ----- -----	5:40-6:30am STEP & TONE (Lisa) 12:05-12:50pm TOTAL BODY (Lisa) ----- -----	5:40-6:30am INTERVAL (Lisa) 12:05-12:50pm P.H.I.T (Lisa) ----- 6:35-7:25pm XABEAT (Taylor)	5:40-6:30am PILATES / STRETCH (Lisa) 12:05-12:50pm XABEAT (Lisa) ----- -----	8:30-9:20AM XABEAT (Lisa)
21	5:40-6:30am XABEAT (Lisa) 12:05-12:50pm STEP & TONE (Lisa) ----- 6:35-7:25pm XABEAT (Lisa)	5:40-6:30am BUTTS & GUTS (Lisa) 12:05-12:50pm XABEAT (Lisa) ----- -----	5:40-6:30am KICK & TONE (Lisa) 12:05-12:50pm BUTTS & GUTS (Lisa) ----- -----	5:40-6:30am CIRCUIT TRAINING (Lisa) 12:05-12:50pm ARMS & ABS (Lisa) ----- 6:35-7:25pm XABEAT (Taylor)	5:40-6:30am STRENGTH & STRETCH (Lisa) 12:05-12:50pm CARDIO DANCE (Lisa) ----- -----	8:30-9:20AM XABEAT (Taylor)
28	5:40-6:30am XABEAT (Lisa) 12:05-12:50pm CORE & LEGS (Lisa) ----- 6:35-7:25pm XABEAT (Lisa)	5:40-6:30am TOTAL BODY (Lisa) 12:05-12:50pm XABEAT (Lisa) ----- -----	5:40-6:30am STEP INTERVAL (Lisa) 12:05-12:50pm TOTAL BODY (Lisa) ----- -----	<div style="border: 2px solid red; border-radius: 20px; padding: 10px; background-color: #f8d7da;"> <p>PERSONAL TRAINING & SMALL GROUP TRAINING ALSO AVAILABLE.</p> <p>FOR MORE INFO CONTACT LISA MENGE (701-400-5715)</p> </div>		