

# Phatty Nattie's Winter/Spring 2019 Class Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am-6:50am		• Spinning Natalie K.			• Spinning Natalie K.		
7:00am-7:30am					Core Assets Natalie K.		
8:40am-9:30am	Kettlebell Bootcamp Maria H.	Pump Up Maria H.	Kettlebell Bootcamp Maria H.	Pump Up Maria H.	Kettlebell Bootcamp Maria H.		
12:00pm-12:45pm	∞ Pump Up Rena S.L.	Δ Yin Yoga Flow Wendy B.	∞ Pump Up Rena S.L.				
12:00pm-12:45pm	Studio WOD Hallie M.	Strong HIIT Missy H.	Studio WOD Hallie M.	Dance Fitness Missy H.	⊗ CrossFit WOD Joel P.		
3:00pm-4:00pm							Dance Fitness Missy H. (Until 4/7)
4:30pm-5:00pm	Kettlebell Concepts Rena S.L.		Kettlebell Concepts Rena S.L.				
5:15pm-6:00pm			Drums Alive Natalie K.				
5:15pm-6:15pm	Pump Up Jessica F.	Evening Blend Alisha H.		Pump Up Jessica F.	⊗ CrossFit WOD Doug N.		
6:00pm-6:30pm			Core Assets Natalie K.				
6:45pm-7:15pm	Core Assets Natalie K.			Core Assets Natalie K.			
7:15pm-8:00pm	Pump Up Remix Natalie K.			Pump Up Remix Natalie K.			

LOCATION KEY: ⊗ Mehl Center Gym  
 • Spinning Studio (Lower level of the Cancer Center)  
 Δ Lower Level of Mill Street Residence  
 ∞ MState Gym

For more information go to: [www.phattynatties.com](http://www.phattynatties.com) or contact Natalie at: [218-736-8451-nknutson@lrhc.org](mailto:218-736-8451-nknutson@lrhc.org)