

## Niagara Endurance Fitness Schedule Fall 2017

| <u>Monday</u>            | <u>Tuesday</u>               | <u>Wednesday</u>             | <u>Thursday</u>                              | <u>Friday</u>           | <u>Saturday</u>  | <u>Sunday</u>           |
|--------------------------|------------------------------|------------------------------|--|-------------------------|--|-------------------------|
| 5:15AM<br>Matt Kofahl    |                              | 5:15AM<br>Matt Kofahl        |  | 5:15AM<br>Matt Kofahl   |  | 7:30AM<br>Mark Plunkett |
| 9:00AM<br>Matt Kofahl    | 9:00AM<br>Matt Kofahl        | 8:00AM Yoga<br>Tina Phillips | 9:00AM<br>Matt Kofahl                        | 9:00AM<br>Tina Phillips | 8:00AM<br>Group Run<br>@ Bonds Lake<br>County Park<br>Lewiston |                         |
| 12:00PM<br>Mark Plunkett | 1:00PM<br>Tina Phillips      | 9:00AM<br>Tina Phillips      |  |                         |  |                         |
| 5:00PM<br>Matt Kofahl    | 7:00PM<br>Katarina<br>Manuse | 5:00PM<br>Matt Kofahl        | 6:00PM<br>Group Run<br>@The River<br>Pub, NF |                         |  |                         |
|                          |                              |                              | 7:00PM<br>Mark Plunkett                      |                         |  |                         |