

Sisseton Wahpeton Oyate Diabetes Center

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

hours: monday - friday 6am-7pm saturday 10am - 4pm sunday closed	<div>1</div> <div>HIIT</div> <div>12:10pm-12:50pm</div>	<div>2</div> <div>step & tone</div> <div>12:15pm-12:45pm</div> <div>intro to dumbbells</div> <div>5:45pm-6:30pm</div>	<div>3</div> <div>tabata</div> <div>12:10pm-12:50pm</div> <div>functional movement</div> <div>5:45pm-6:30pm</div>	<div>4</div> <div>circuit training</div> <div>12:10pm-12:50pm</div> <div>core strength</div> <div>5:45pm-6:30pm</div>	<div>5</div> <div>spin/core</div> <div>12:10pm-12:50pm</div> <div>HIIT</div> <div>5:45pm-6:30pm</div>	<div>6</div> <div>intro to weightlifting</div> <div>1:00pm-2:00pm</div>
7	<div>8</div> <div>HIIT</div> <div>12:10pm-12:50pm</div>	<div>9</div> <div>step & tone</div> <div>12:15pm-12:45pm</div> <div>intro to dumbbells</div> <div>5:45pm-6:30pm</div>	<div>10</div> <div>tabata</div> <div>12:10pm-12:50pm</div> <div>functional movement</div> <div>5:45pm-6:30pm</div>	<div>11</div> <div>circuit training</div> <div>12:10pm-12:50pm</div> <div>core strength</div> <div>5:45pm-6:30pm</div>	<div>12</div>	<div>13</div> <div>intro to weightlifting</div> <div>1:00pm-2:00pm</div>
14	<div>15</div> <div>HIIT</div> <div>12:10pm-12:50pm</div>	<div>16</div> <div>bike & build</div> <div>12:15pm-12:45pm</div>	<div>17</div> <div></div>	<div>18</div> <div>circuit training</div> <div>12:10pm-12:50pm</div> <div>core strength</div> <div>5:45pm-6:30pm</div>	<div>19</div> <div>spin/core</div> <div>12:10pm-12:50pm</div> <div>HIIT</div> <div>5:45pm-6:30pm</div>	<div>20</div> <div>intro to weightlifting</div> <div>1:00pm-2:00pm</div>
21	<div>22</div> <div>HIIT</div> <div>12:10pm-12:50pm</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>
28	<div>29</div> <div>HIIT</div> <div>12:10pm-12:50pm</div>	<div>30</div>	<div>31</div>			
	Santa Run is Dec. 17th					<div>phone #</div> <div>605-698-3922</div>