

Sunday Morning Destination/Endurance Training: 7:30am - Rotating locations within 30 min of LV/BV

Monday Virtual Yogalates (Live & On-demand): 6:45 - 7:25am

Tuesday Evening Cardio Interval & Strength: 6pm -7 pm- Tyacke Park/Lac Lavon Park, BV (and nearby locations)

Wednesday Morning Headlamp Miles: 5:15 am - 6:15 am - Steve Michaud, LV and nearby locations

Thursday Virtual Strength Training (Live & On Demand): 4:15 - 5:00pm

Thursday Evening Trail Miles: 6pm - 7pm - Rotating Locations

Friday Morning Headlamp Miles: 5:15am - 6:15am - Location rotates among various Burnsville & Lakeville parks and trails (Near Lac Lavon, BV and Steve Michaud, LV)

Friday Fun Run & Base Miles - 10:30 am - 11:30am - Location rotates among various Burnsville & Lakeville parks and trails (speedwork options available when conditions allow)

Saturday Morning Cardio Interval & Strength Training - 7:00am - 8:00am - Casperson Park