

EFC CLASS SCHEDULES - JULY 2017

Cycle/RPM Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30am	LES MILLS RPM Paula (45)	LES MILLS RPM Jamie (45)	Cycle Audrey (45)	Cycle Matt (45)	Cycle Audrey/ Cynthia C. (45)		
9:00am	Cycle Cynthia C. (45)	Cycle Tanya (45)	LES MILLS RPM Paula (45)	Cycle Goldei (45)	Cycle Cynthia C. (45)	Cycle/RPM Kate/Niki (45)	
10:00am							Cycle/RPM Cynthia C./Emily S. (45)
AFTERNOON							
2:00pm							Cycle Carmina/Dana (45)
4:45pm		LES MILLS sprint Cynthia (30)		LES MILLS sprint Paula (30)			
5:30pm	Cycle Goldei (45)	LES MILLS RPM Emily M. (45)	LES MILLS RPM Niki (45)	LES MILLS RPM Emily M. (45)			

Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
5:30am		Total Body Grace (60)		Ultimate Conditioning Grace (60)		
9:00am	Step 101 Macey (55)	LES MILLS BODYSTEP ATHLETIC Paula (55)	Double Step Macey (55)	LES MILLS BODYPUMP Elsie (55)	LES MILLS BODYCOMBAT Lara (55)	LES MILLS BODYSTEP ATHLETIC Paula/Megan (55)
10:00am	LES MILLS BODYPUMP Kelly R. (55)	ZUMBA Tamika (55)	LES MILLS BODYPUMP Paula (55)	ZUMBA Sohailla (55)	LES MILLS BODYPUMP Kelly R. (55)	LES MILLS BODYPUMP Marcy/Amanda G. (55)
10:15am		Tabata Cardio Bag Mary (55)		Tabata Cardio Bag Mary (55)		
11:00am	ZUMBA Tamika (55)	Light n Fit Nassab (55)	LES MILLS CXWORX Emily M. (30)	LES MILLS BODYVIVE 3.1 Nassab (55)	LES MILLS BODYJAM Kat (55)	ZUMBA Alt. (55)
AFTERNOON						

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4:30pm	Muscle Works Cynthia (55)		ZUMBA Nanani (55)			
5:30pm	LES MILLS BODYCOMBAT Marlon (55)	LES MILLS BODYPUMP Kelly R. (55)	LES MILLS BODYCOMBAT Marlon (55)	LES MILLS BODYPUMP Marlon (55)		
	TRX Audrey (55)		TRX Audrey (55)			
6:30pm	ZUMBA Alfred (55)	LES MILLS BODYJAM Kat/Goldei (55)	LES MILLS BODYPUMP Marcy (55)	ZUMBA Alfred (55)		
	Tabata Cardio Bag Mary (55)		Tabata Cardio Bag Mary (55)			

Zen Studio




Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30am	Sunrise Saluation Diana (60)	Sunrise Saluation Diana (60)	Sunrise Saluation Diana (60)	Sunrise Saluation Diana (60)	Sunrise Saluation Diana (60)		
8:00am	Yoga Amanda G. (55)		Yoga Grace (55)		Restorative Yoga Alexis (55)		
9:00am	Pilates Julia (55)	Total Barre Catherine (55)	Pilates Julia (55)	Flow Yoga Jessica Y. (55)	Total Barre Mary (55)	Total Barre Mary (60)	
10:00am	Tabata Barre Mary (55)	Yoga Cynthia P. (55)	Tabata Barre Mary (55)	Total Barre Jane (55)	Pilates Libby (55)	LES MILLS BODYFLOW Paula (55)	
11:00am	LES MILLS BODYFLOW Kelly R. (55)		LES MILLS BODYFLOW Kelly R. (55)		LES MILLS BODYFLOW Kelly R. (55)	LES MILLS CXWORX Paula (30)	Hot Vinyasa Selina (60)
AFTERNOON							
4:30pm	Kids Cardio Andrea (45)	Pilates Libby (55)		Pilates Libby (55)			
5:30pm	LES MILLS BODYVIVE 3.1 Nassab (55)	Booty Barre Beverly (55)	Total Barre Jane (60)	Booty Barre Beverly (55)			
6:30pm	Hot Power Yoga Anna (60)		LES MILLS BODYFLOW Paula (55)				
7:00pm		Hot Vinyasa Lizzy (60)		Hot Vinyasa Lizzy (60)			

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RunFit Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30am		RunFit Jennifer		RunFit Jennifer			
8:00am	RunFit Amy						
AFTERNOON							
6:30pm		RunFit Laura		RunFit Laura			

Results

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
5:30am		 Paula (30)		 Paula (30)		
6:00am	Boot Camp Xpress Jermel (30)		Boot Camp Xpress Jermel (30)		Boot Camp Xpress Jermel (30)	
8:00am	OrangeFit Jermel (60)	The Playground Ian (60)	OrangeFit Jermel (60)		OrangeFit Jermel (60)	
					The Playground Ian (60)	
9:00am	Boot Camp Catherine (60)	Boot Camp Libby (60)	Boot Camp Catherine (60)	Boot Camp Corey (60)	Boot Camp Libby (60)	 Alt. (30)

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	Synergy Debbie (60)		Synergy Debbie (60)	The Playground Ian (60)		Synergy Libby (60)
10:00a m	Boot Camp Corey (60)	LES MILLS GRIT STRENGTH Paula (30)	Boot Camp Catherine (60)	LES MILLS GRIT PLYO Kim (30)	Boot Camp Mary (60)	Boot Camp Mary/Libby (60)
		Synergy Jermel (60)		Synergy Libby (60)		
EVENING						
4:00pm	OrangeFit Jermel (60)		OrangeFit Jermel (60)		OrangeFit Jermel (60)	
5:00pm		Timed X Jermel (30)		Timed X Jermel (30)		
5:30pm	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Mary (60)	Boot Camp Jermel (60)		
6:30pm	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Mary (60)		
	The Playground Ian (60)	Synergy Joel (60)	The Playground Ian (60)			