

# EFC CLASS SCHEDULES – SEPTEMBER 2017

## Cycle/RPM Studio

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

## Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
5:30am		Total Body Grace (60)		Ultimate Conditioning Grace (60)		
9:00am	Step 101 Macey (55)	<b>LES MILLS BODYSTEP</b> ATHLETIC Paula (55)	Double Step Macey (55)	<b>LES MILLS BODYPUMP</b> Elsie (55)	<b>LES MILLS BODYCOMBAT</b> Lara (55)	<b>LES MILLS BODYSTEP</b> ATHLETIC Paula/Megan (55)
10:00am	<b>LES MILLS BODYPUMP</b> Kelly R. (55)	<b>ZUMBA</b> Tamika (55)	<b>LES MILLS BODYPUMP</b> Paula (55)	<b>ZUMBA</b> Sohailla (55)	<b>LES MILLS BODYPUMP</b> Kelly R. (55)	<b>LES MILLS BODYPUMP</b> Marcy/Amanda (55)
10:15am		Tabata Cardio Bag Cynthia/Goldei (55)		Tabata Cardio Bag Mary (55)		
11:00am	<b>ZUMBA</b> Tamika (55)	Light n Fit Nassab (55)	<b>LES MILLS CXWORX</b> Paula (30)	<b>LES MILLS BODYVIVE 3.1</b> Nassab (55)	<b>LES MILLS BODYJAM</b> Kat (55)	<b>ZUMBA</b> Alt. (55)
<b>AFTERNOON</b>						
4:30pm	Muscle Works Cynthia (55)	<b>LES MILLS BODYATTACK</b> Johanna (55)	<b>ZUMBA</b> Nanani (55)	<b>LES MILLS BODYSTEP</b> ATHLETIC Megan (55)		
5:30pm	<b>LES MILLS BODYCOMBAT</b> Marlon (55)	<b>LES MILLS BODYPUMP</b> Kelly R. (55)	<b>LES MILLS BODYCOMBAT</b> Marlon (55)	<b>LES MILLS BODYPUMP</b> Marlon (55)		
	TRX Audrey (55)		TRX Audrey (55)			
6:30pm	<b>ZUMBA</b> Alfred (55)	<b>LES MILLS BODYJAM</b> Kat/Goldei (55)	<b>LES MILLS BODYPUMP</b> Marlon (55)	<b>ZUMBA</b> Alfred (55)		
	Tabata Cardio Bag Cynthia (55)		Tabata Cardio Bag Mary (55)			



# EFC CLASS SCHEDULES – SEPTEMBER 2017

## Zen Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
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)	<b>LES MILLS BODYFLOW</b> Paula (55)	
11:00am	<b>LES MILLS BODYFLOW</b> Kelly R. (55)		<b>LES MILLS BODYFLOW</b> Kelly R. (55)		<b>LES MILLS BODYFLOW</b> Kelly R. (55)	<b>LES MILLS CXWORX</b> Paula (30)	Hot Vinyasa Selina (60)
<b>AFTERNOON</b>							
4:30pm	Kids Cardio Andrea (45)	Pilates Libby (55)		Pilates Jessica B. (55)			
5:30pm	<b>LES MILLS BODYVIVE 3.1</b> Nassab (55)	Booty Barre Beverly (55)	Total Barre Jane (60)	Booty Barre Beverly (55)			
6:30pm	Power Yoga Carmina (60)		<b>LES MILLS BODYFLOW</b> Paula (55)				
7:00pm		Hot Vinyasa Nancy (60)		Hot Vinyasa Nancy (60)			

## RunFit Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
5:30am		RunFit Jennifer		RunFit Jennifer			
9:00am	RunFit Amy						
<b>AFTERNOON</b>							
6:30pm		RunFit Laura		RunFit Laura			



# EFC CLASS SCHEDULES – SEPTEMBER 2017

## Results

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
5:30am		<b>LES MILLS GRIT STRENGTH</b> Paula (30)		<b>LES MILLS GRIT CARDIO</b> Paula (30)		
6:00am	Boot Camp Xpress Jermel (30)		Boot Camp Xpress Jermel (30)		Boot Camp Xpress Jermel (30)	
8:00am	OrangeFit Jermel (60)	Boot Camp Mike (60)	OrangeFit Jermel (60)	Boot Camp Mike (60)	OrangeFit Jermel (60)	
		The Playground Ian (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)	<b>LES MILLS GRIT STRENGTH</b> Alt. (30)
	Synergy Mary (60)		Synergy Mary (60)	The Playground Ian (60)		Synergy Libby (60)
10:00am	Boot Camp Corey (60)	<b>LES MILLS GRIT STRENGTH</b> Paula (30)	Boot Camp Catherine (60)	<b>LES MILLS GRIT PLYO</b> Kim (30)	Boot Camp Mary (60)	Boot Camp Mary/Libby (60)
		Synergy Jermel (60)		Synergy Libby (60)		
<b>EVENING</b>						
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 Jermel (60)		
	The Playground Ian (60)	Synergy Joel (60)	The Playground Ian (60)			

