

EFC CLASS SCHEDULES – JUNE 2018

Cycle/RPM Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|------------------------------------|---|------------------------------------|---------------------------------------|---------------------------------|-----------------------------|--|
| MORNING | | | | | | | |
| 5:30a | LES MILLS RPM Paula (45) | LES MILLS RPM MacKenzie (45) | Cycle Audrey (45) | Cycle Matt (45) | Cycle Audrey/Cynthia (45) | | |
| 9:00a | Cycle Cynthia C. (45) | LES MILLS RPM Paula (55) | LES MILLS RPM Emily (45) | Cycle Tanya (45) | Cycle Cynthia C. (45) | Cycle/RPM Kate/Niki (45) | |
| 10:00a | | | | | | | Cycle/RPM Cynthia/Stephanie (45) |
| AFTERNOON | | | | | | | |
| 2:00p | | | | | | | Cycle Stephanie/Dana (45) |
| 5:30p | Cycle Goldei (45) | LES MILLS sprint Cynthia (30) | LES MILLS RPM Niki (45) | LES MILLS sprint Paula (30) | | | |

Group Ex Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|--|--|--|--|--|
| MORNING | | | | | | |
| 5:30a | | Total Body Grace (60) | LES MILLS BODYPUMP Johanna (55) | Ultimate Conditioning Grace (60) | | |
| 9:00a | LES MILLS BODYATTACK Johanna (55) | LES MILLS BODYPUMP Amanda (55) | LES MILLS BODYSTEP ATHLETIC Paula (55) | LES MILLS BODYPUMP Elsie (55) | LES MILLS BODYCOMBAT Lara (55) | LES MILLS BODYSTEP ATHLETIC Paula/Megan (55) |
| 10:00a | LES MILLS BODYPUMP Kelly (55) | ZUMBA Tamika (55) | LES MILLS BODYPUMP Paula (55) | ZUMBA Sohailla (55) | LES MILLS BODYPUMP Kelly (55) | LES MILLS BODYPUMP Marcy/Amanda (55) |
| | | Tabata Cardio Bag Cynthia (55) | | Tabata Cardio Bag Mary (55) | | |
| 11:00am | ZUMBA Tamika (55) | Light n Fit Nassab (55) | | tone Nassab (55) | LES MILLS BODYJAM Kat (55) | ZUMBA Alt. (55) |
| AFTERNOON | | | | | | |
| 4:30p | Muscle Works Cynthia (55) | LES MILLS BODYATTACK Johanna (55) | | LES MILLS BODYSTEP ATHLETIC Megan (55) | | |
| 5:30p | LES MILLS BODYCOMBAT Marlon (55) | LES MILLS BODYPUMP Kelly (55) | LES MILLS BODYCOMBAT Marlon (55) | LES MILLS BODYPUMP Marlon (55) | | |
| 6:30p | ZUMBA Alfred (55) | LES MILLS BODYJAM Kelsey/Goldei (55) | LES MILLS BODYPUMP Marcy (55) | ZUMBA Alfred (55) | | |



EFC CLASS SCHEDULES – JUNE 2018

Zen Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|----------------------------------|---|----------------------------------|---|---|----------------------------|
| MORNING | | | | | | | |
| 5:30a | Sunrise Salutation Diana (60) | Sunrise Salutation Diana (60) | Sunrise Salutation Diana (60) | Sunrise Salutation Diana (60) | Sunrise Salutation Diana (60) | | |
| 8:00a | Yoga Amanda (55) | | Yoga Grace (55) | | Restorative Yoga Alexis (55) | | |
| 9:00a | Pilates Julia (55) | Total Barre Catherine (55) | Pilates Julia (55) | Yoga Jeannie (55) | Total Barre Mary (55) | Total Barre Mary (60) | |
| 10:00a | Tabata Barre Mary (55) | Yoga Miesje (55) | Tabata Barre Mary (55) | Total Barre Jane (55) | Pilates Libby (55) | LES MILLS BODYFLOW Paula (55) | |
| 11:00a | LES MILLS BODYFLOW Amanda (55) | | LES MILLS BODYFLOW Kelly (55) | | LES MILLS BODYFLOW Kelly (55) | LES MILLS CXWORX Paula (30) | Hot Vinyasa Liz (60) |
| AFTERNOON | | | | | | | |
| 3:00p | | | | | | | Yin Yoga Miesje (55) |
| 4:30p | Kids Cardio Andrea (45) | Pilates Libby (55) | | Pilates Jessica B. (55) | | | |
| 5:30p | tone Nassab (55) | Booty Barre Beverly (55) | Total Barre Jane (60) | Booty Barre Beverly (55) | | | |
| 6:30p | Hot Power Yoga Miesje (60) | | LES MILLS CXWORX Paula (30) | | | | |
| 7:00p | | Hot Vinyasa Liz (60) | LES MILLS BODYFLOW Paula (55) | Hot Vinyasa Nanani (60) | | | |

RunFit Club

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|-----------------|--------------------|-----------|--------------------|--------|----------|--------|
| MORNING | | | | | | | |
| 5:30a | | RunFit Jennifer | | RunFit Jennifer | | | |
| 9:00a | RunFit Chuck | | | | | | |
| AFTERNOON | | | | | | | |
| 5:45p | | RunFit Laura | | RunFit Laura | | | |



EFC CLASS SCHEDULES – JUNE 2018

Results

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|------------------------------|--|------------------------------|--|------------------------------|---|
| MORNING | | | | | | |
| 5:30a | | LES MILLS GRIT STRENGTH Paula (30) | | LES MILLS GRIT CARDIO Paula (30) | | |
| 6:00a | Boot Camp Xpress Jermel (30) | | Boot Camp Xpress Jermel (30) | | Boot Camp Xpress Jermel (30) | |
| 8:00a | OrangeFit Jermel (60) | The Playground Ian (60) | OrangeFit Jermel (60) | | OrangeFit Jermel (60) | |
| | | | | | The Playground Ian (60) | |
| 9:00a | Boot Camp Catherine (60) | Boot Camp Libby (60) | Boot Camp Catherine (60) | Boot Camp Corey (60) | Tabata Boot Camp Libby (60) | LES MILLS GRIT STRENGTH Alt. (30) |
| | Synergy Mary (60) | | Synergy Mary (60) | The Playground Ian (60) | | Synergy Libby (60) |
| 10:00a | 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) | | |
| 10:30a | | Tabata Boot Camp Goldei/Ani (60) | | Tabata Boot Camp Goldei/Ani (60) | | |
| EVENING | | | | | | |
| 4:00p | OrangeFit Jermel (60) | | OrangeFit Jermel (60) | | OrangeFit Jermel (60) | |
| 5:00p | Timed X Jermel (30) | Timed X Jermel (30) | Timed X Jermel (30) | Timed X Jermel (30) | | |
| 5:30p | Boot Camp Jermel (60) | Boot Camp Jermel (60) | Boot Camp Mary (60) | Boot Camp Jermel (60) | | |
| 6:30p | Boot Camp Jermel (60) | Boot Camp Jermel (60) | Boot Camp Jermel (60) | Boot Camp Patience (60) | | |
| | The Playground Ian (60) | Synergy Joel (60) | The Playground Ian (60) | | | |

