

# EFC CLASS SCHEDULES - OCTOBER 2018

## Cycle/RPM Studio

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

## Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
5:30a		Total Body Ani (60)	<b>LES MILLS BODYPUMP</b> Andy (55)	Ultimate Conditioning Grace (60)		
9:00a	<b>LES MILLS SH'BAM</b> Kat (45)	<b>LES MILLS BODYPUMP</b> Amanda (55)	<b>LES MILLS BODYSTEP ATHLETIC</b> Paula (55)	<b>LES MILLS BODYPUMP</b> Elsie (55)	<b>LES MILLS BODYCOMBAT</b> Lara (55)	<b>LES MILLS BODYSTEP ATHLETIC</b> Paula/Megan (55)
10:00a	<b>LES MILLS BODYPUMP</b> Kelly (55)	<b>ZUMBA</b> Tamika (55)	<b>LES MILLS BODYPUMP</b> Paula (55)	<b>LES MILLS SH'BAM</b> Kat (45)	<b>LES MILLS BODYPUMP</b> Kelly (55)	<b>LES MILLS BODYPUMP</b> Marcy/Amanda (55)
		Tabata Cardio Bag Cynthia (55)		Tabata Cardio Bag Mary (55)		
11:00a	<b>ZUMBA</b> Tamika (55)	<b>tone</b> Nassab (55)		<b>tone</b> Nassab (55)	<b>LES MILLS BODYJAM</b> Kat (55)	<b>ZUMBA</b> Alt. (55)



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AFTERNOON							
4:30p	Muscle Works Cynthia (55)	<b>LES MILLS</b> <b>BODYATTACK</b> Keely (55)	<b>LES MILLS</b> <b>SHBAM</b> Kellie (45)	<b>LES MILLS</b> <b>BODYATTACK</b> Keely (55)			
5:30p	<b>LES MILLS</b> <b>BODYCOMBAT</b> Katie (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Kelly (55)	<b>LES MILLS</b> <b>BODYSTEP</b> ATHLETIC Megan (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Megan (55)			
6:30p	<b>ZUMBA</b> Alfred (55)	<b>LES MILLS</b> <b>BODYJAM</b> Kim (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Marcy (55)	<b>ZUMBA</b> Alfred (55)			

## 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 Amanda (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)	<b>LES MILLS</b> <b>BODYFLOW</b> Paula (55)	
11:00a	<b>LES MILLS</b> <b>BODYFLOW</b> Amanda (55)		<b>LES MILLS</b> <b>BODYFLOW</b> Kelly (55)		<b>LES MILLS</b> <b>BODYFLOW</b> Kelly (55)	<b>LES MILLS</b> <b>CXWORX</b> 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	<b>tone</b> Kelsey (55)	Booty Barre Beverly (55)	Total Barre Jane (60)	Booty Barre Beverly (55)			
6:30p			<b>LES MILLS</b> <b>CXWORX</b> Paula (30)				
7:00p	Yoga Miesje (60)	Hot Vinyasa Liz (60)	<b>LES MILLS</b> <b>BODYFLOW</b> Paula (55)	Hot Vinyasa Nanani (60)			



# EFC CLASS SCHEDULES - OCTOBER 2018

## RunFit Club



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
5:30a		RunFit Jennifer		RunFit Jennifer			
9:00a	RunFit Chuck						
<b>AFTERNOON</b>							
5:45p		RunFit Laura		RunFit Laura			

## Results

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
5:30a		<b>LES MILLS GRIT</b> STRENGTH Paula (30)		<b>LES MILLS GRIT</b> 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)	Boot Camp Mike (60)	OrangeFit Jermel (60)	Boot Camp Mike (60)	OrangeFit Jermel (60)	<b>FIT50</b> Kelsey/Mary (60) (Libby/Kari 3 <sup>rd</sup> )
		The Playground Ian (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)	<b>LES MILLS GRIT</b> STRENGTH Alt. (30)
	Synergy Mary (60)		Synergy Mary (60)	The Playground Ian (60)		Synergy Libby (60)
10:00a	Boot Camp Corey (60)	<b>LES MILLS GRIT</b> STRENGTH Paula (30)	<b>FIT50</b> Catherine/ Vanessa (60)	<b>LES MILLS GRIT</b> PLYO Lara (30)	Boot Camp Mary (60)	Tabata Boot Camp Alt. (60)
		Synergy Jermel (60)		Synergy Libby (60)		



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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)	 Mary (60)	Boot Camp Jermel (60)		
6:30p	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Jermel (60)	 Ani/Kari (60)		
	The Playground Ian (60)	Synergy Joel (60)	The Playground Ian (60)			

