

EFC CLASS SCHEDULES – NOVEMBER 2018

Cycle/RPM Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a	LES MILLS RPM Paula (45)	Cycle Dana (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)	LES MILLS RPM Niki/Emily (45)	
10:00a							Cycle/RPM Cynthia/Stephanie (45)
AFTERNOON							
2:00p							Cycle Stephanie/Dana (45)
5:30p	Cycle Cynthia (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 Ani (60)	LES MILLS BODYPUMP Andy (55)	Ultimate Conditioning Grace (60)		
9:00a	LES MILLS SH'BAM Kat (45)	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)	LES MILLS SH'BAM Kat (45)	LES MILLS BODYPUMP Kelly (55)	LES MILLS BODYPUMP Marcy/Amanda (55)
		Tabata Cardio Bag Cynthia (55)		Tabata Cardio Bag Mary (55)		
11:00a	ZUMBA Tamika (55)	tone Nassab (55)		tone Nassab (55)	LES MILLS BODYJAM Kat (55)	ZUMBA Alt. (55)
AFTERNOON						
4:30p	Muscle Works Cynthia (55)	LES MILLS BODYATTACK Keely (55)	LES MILLS SH'BAM Kellie (45)	LES MILLS BODYATTACK Keely (55)		
5:30p	LES MILLS BODYCOMBAT Katie (55)	LES MILLS BODYPUMP Kelly (55)	LES MILLS BODYSTEP ATHLETIC Megan (55)	LES MILLS BODYPUMP Megan (55)		
6:30p	ZUMBA Alfred (55)	LES MILLS BODYJAM Kim (55)	LES MILLS BODYPUMP Marcy (55)	ZUMBA Alfred (55)		



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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)	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 Kelsey (55)	Booty Barre Beverly (55)	Total Barre Jane (60)	Booty Barre Beverly (55)			
6:30p			LES MILLS CXWORX Paula (30)				
7:00p	Yoga Miesje (60)	Hot Vinyasa Liz (60)	LES MILLS BODYFLOW Paula (55)	Hot Vinyasa Nanani (60)			








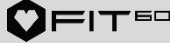

RunFit Club

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			



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Results

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
5:30a		 Paula (30)		 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)	 Kelsey/Mary (60) (Libby/Kari 3 rd)
		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)	 Alt. (30)
	Synergy Mary (60)		Synergy Mary (60)	The Playground Ian (60)		Synergy Libby (60)
10:00a	Boot Camp Corey (60)	 Paula (30)	 Catherine/ Vanessa (60)	 Lara (30)	Boot Camp Mary (60)	Tabata Boot Camp Alt. (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)	 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)			

