

EFC CLASS SCHEDULES – MAY 2019

Cycle/RPM Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a	LES MILLS RPM Paula (45)	LES MILLS RPM Mackenzie (55)	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 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		tone Nassab (55)	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 Megan (55)	LES MILLS BODYPUMP Emily (55)	LES MILLS BODYCOMBAT Lara (55)	LES MILLS BODYSTEP ATHLETIC Keely/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)				LES MILLS BODYJAM Goldei/Kim (55)	ZUMBA Alt. (55)
AFTERNOON						
4:30p	Muscle Works Cynthia (55)	LES MILLS BODYATTACK Keely (55)		LES MILLS BODYATTACK Keely (55)		
5:30p	LES MILLS BODYCOMBAT Katie (55)	LES MILLS BODYPUMP Kelly (55)	LES MILLS BODYSTEP ATHLETIC Keely (55)	LES MILLS BODYPUMP Megan (55)		
		Tabata Cardio Bag Mary (55)		Tabata Cardio Bag Mary (55)		
6:30p	ZUMBA	LES MILLS BODYJAM	LES MILLS BODYPUMP	ZUMBA		



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	Kelsey R. (55)	Goldei (55)	Marcy (55)	Angie (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)	Yoga Strength & Flow Liz (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	LES MILLS barre Amanda (30)	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 Selina (60)
12:00p						Yin Yoga Miesje (55)	
AFTERNOON							
3:00p							Yin Yoga Miesje (55)
4:30p	Kids Cardio Andrea (45)	Pilates Julia (55)	LES MILLS barre Amber (45)	Pilates Jessica B. (55)			
5:30p	LES MILLS 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 Kathy (60)	Hot Vinyasa Nanani (60)	LES MILLS BODYFLOW Paula (55)	Hot Vinyasa Nanani (60)			



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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)	Boot Camp Mike (60)	OrangeFit Jermel (60)	Boot Camp Mike (60)	OrangeFit Jermel (60)	FIT 50 Kelsey G./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)	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)	FIT 50 Catherine (60)	LES MILLS GRIT PLYO 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	LES MILLS GRIT STRENGTH Dana (30)	LES MILLS GRIT CARDIO Brandy (30)	LES MILLS GRIT PLYO Brandy (30)	LES MILLS GRIT STRENGTH Brandy (30)		
5:30p	Boot Camp Jermel (60)	Boot Camp Jermel (60)	FIT 50 Mary (60)	Boot Camp Jermel (60)		
6:30p	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Jermel (60)	FIT 50 Kari (60)		
	The Playground Ian (60)	Synergy Joel (60)	The Playground Ian (60)			

