



JANUARY 2021 SCHEDULE

Cycle | Group Exercise
Zen | Results | Kidfit

SWIPE FOR TIMES >>>

EFC JANUARY 2021 Schedule

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

M O R N I N G

5:30a

LES MILLS
RPM
Paula (45)

LES MILLS
RPM
Marcy (45)

LES MILLS
RPM
Marcy (45)

LES MILLS
RPM
Marcy (45)


CYCLE
Kelly J. (45)

9:00a


CYCLE
Cynthia (45)

RPM / SPRINT
Paula (45)


CYCLE
Kelly J. (45)


CYCLE
Tanya (45)


CYCLE
Cynthia (45)

CYCLE / RPM
Alt. (45)

10:00a


CYCLE
Goldei/Cynthia (45)

A F T E R N O O N

2:00p

CYCLE / RPM
Alt. (45)

5:30p


CYCLE
Goldei (45)

LES MILLS
sprint
Cynthia (30)

LES MILLS
RPM
Marcy (45)

LES MILLS
sprint
Paula (30)



EFC JANUARY 2021 Schedule

GROUP EX STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS
BODYPUMP

Jennifer S. (55)

LES MILLS
BODYPUMP

Andy (55)

5:45a

HIIT

Libby (30)

HIIT

Libby (30)

9:00a

LES MILLS
SH'BAM

Kat (45)

LES MILLS
BODYPUMP

Amanda (55)

LES MILLS
BODYSTEP ATHLETIC

Megan (55)

LES MILLS
BODYPUMP

Amanda (55)

LES MILLS
BODYCOMBAT

Lara (55)

LES MILLS
BODYSTEP ATHLETIC

Megan (55)

10:00a

LES MILLS
BODYPUMP

Kelly R. (55)

ZUMBA

Tamika (55)

LES MILLS
BODYPUMP

Paula (55)

LES MILLS
SH'BAM

Kat (45)

LES MILLS
BODYPUMP

Kelly R. (55)

LES MILLS
BODYPUMP

Andy (55)

TABATA
 CARDIO BAG
Mary (60)
Octagon

TABATA
 CARDIO BAG
Cynthia (60)
Octagon

11:00a

ZUMBA

Tamika (55)

LES MILLS
BODYCOMBAT

Lara (30)

LES MILLS
BODYJAM

Goldei (55)

ZUMBA

Alt. (55)

AFTERNOON

4:30p

MUSCLE
WORKS

Cynthia (55)

LES MILLS
BODYPUMP

Megan (55)

LES MILLS
BODYPUMP

Carrie (55)

5:30p

LES MILLS
BODYCOMBAT

Katie M. (55)

LES MILLS
BODYPUMP

Kelly R. (55)

LES MILLS
BODYCOMBAT

Katie M. (55)

LES MILLS
BODYPUMP

Dana (55)

TABATA
 CARDIO BAG
Mary (60)
Octagon

TABATA
 CARDIO BAG
Mary (60)
Octagon

6:30p

LES MILLS
BODYPUMP

Kelsey G. (55)

LES MILLS
BODYJAM

Goldei/Kim (55)

ZUMBA

Alfred (55)

ZUMBA

Angie (55)



EFC JANUARY 2021 Schedule

ZEN STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

M O R N I N G

5:30a

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

8:00a

YOGA
Amanda (55)

HATHA
YOGA
Kelly J. (55)

RESTORATIVE
YOGA
Amanda (55)

YOGA STRENGTH
& FLOW
Diana E. (55)

9:00a

PILATES
Julia (55)

TOTAL BARRE
Catherine (55)

PILATES
Julia (55)

YOGA
Jeannie (55)

TOTAL BARRE
Mary (55)

TOTAL BARRE
Mary (60)

POWER VINYASA
FLOW
Diana E. (60)

10:00a

LES MILLS
barre
Amanda (30)

YOGA
Alexis (55)

TABATA BARRE
Mary (55)

TOTAL BARRE
Jane (55)

LES MILLS
BODYFLOW
Amanda (55)

11:00a

LES MILLS
BODYFLOW
Amanda (55)

LES MILLS
BODYFLOW
Kelly R. (55)

LES MILLS
BODYFLOW
Kelly R. (55)

CORE
FUSION
Amanda (30)

HOT
VINYASA
Alexis (60)

12:00p

YIN YOGA
Christina (60)

A F T E R N O O N

3:00p

YIN YOGA
Christina (60)

4:30p

PILATES
Julia (55)

PILATES
Julia (55)

5:30p

LES MILLS
tone
Hannah (60)

bootybarre
Beverly (55)

BARRE
SCULPT
Christina (55)

bootybarre
Beverly (55)

6:30p

LES MILLS
BODYFLOW
Jeannie (60)

7:00p

HOT POWER
YOGA
Diane L. (60)

HOT VINYASA
Nanani (60)

HOT VINYASA
Nanani (60)



EFC JANUARY 2021 Schedule

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KIDS CARDIO

Andrea (45)
Zen Studio

KIDS ZUMBA

Andrea (45)
Zen Studio



EFC JANUARY 2021 Schedule

RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS GRIT
STRENGTH

Paula (30)

LES MILLS GRIT
CARDIO

Paula (30)

5:45a

HIIT

Libby (30)

HIIT

Libby (30)

HIIT

Libby (30)

8:00a

BOOTCAMP

Mary (60)

BOOTCAMP

Mary (60)

BOOTCAMP

Mary (60)

BOOTCAMP

Catherine (60)

BOOTCAMP

Mary (60)

efcFIT

Kelsey/Mary (60)

THE PLAYGROUND

Ian (60)

THE PLAYGROUND

Ian (60)

THE PLAYGROUND

Ian (60)

9:00a

BOOTCAMP

Catherine (60)

efcFIT

Mary (60)

BOOTCAMP

Catherine (60)

efcFIT

Catherine (60)

TABATA BOOTCAMP

Goldei (60)

LES MILLS GRIT
STRENGTH

Alt. (30)

SYNERGY

Mary (60)

SYNERGY

Mary (60)

THE PLAYGROUND

Ian (60)

SYNERGY

Kari (60)

10:00a

efcFIT

Goldei (60)

LES MILLS GRIT

STRENGTH

Paula (30)

efcFIT

Catherine (60)

LES MILLS GRIT

ATHLETIC

Kim (30)

efcFIT

Mary (60)

TABATA BOOTCAMP

Alt. (60)

EVENING

4:00p

TABATA BOOTCAMP

Mary (60)

TABATA BOOTCAMP

Goldei (60)

TABATA BOOTCAMP

Mary (60)

5:00p

LES MILLS GRIT

STRENGTH

Dana (30)

LES MILLS GRIT

STRENGTH

Dana (30)

5:30p

BOOTCAMP

Jermel (60)

BOOTCAMP

Jermel (60)

efcFIT

Mary (60)

BOOTCAMP

Jermel (60)

6:30p

BOOTCAMP

Jermel (60)

BOOTCAMP

Jermel (60)

BOOTCAMP

Jermel (60)

efcFIT

Kari (60)

THE PLAYGROUND

Ian (60)

SYNERGY

Kari (60)

THE PLAYGROUND

Ian (60)

SYNERGY

Mary (60)