



JULY 2021 SCHEDULE

Cycle | Group Exercise
Zen | Results | Kidfit

SWIPE FOR TIMES >>>

EFC JULY 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)



CYCLE

Jami (45)

LES MILLS
RPM

Jennifer (45)



CYCLE

Kelly J. (45)

9:00a



CYCLE

Cynthia (45)

RPM / SPRINT

Paula (45)



CYCLE

Kelly J. (45)



CYCLE

Tanya (45)



CYCLE

Cynthia (45)

LES MILLS
RPM

Marcy /
Jennifer S. (45)

10:00a

CYCLE / RPM

Mackenzie /
Cynthia (45)

A F T E R N O O N

2:00p

CYCLE / RPM

Marcy/Goldei (45)

5:30p



CYCLE

Goldei (45)

LES MILLS
sprint

Cynthia (30)

LES MILLS
sprint

Paula (30)



EFC JULY 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
tone

Nassab (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)

11:00a

ZUMBA

Tamika (55)

LES MILLS
tone

Nassab (45)

LES MILLS
BODYCOMBAT

Lara (30)

SIMPLYFIT

Nassab (45)

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)

6:30p

TABATA
 CARDIO BAG

Mary (60)
Octagon

TABATA
 CARDIO BAG

Mary (60)
Octagon

LES MILLS
BODYJAM

Goldei (55)

ZUMBA

Alfred (55)

ZUMBA

Angie (55)



EFC JULY 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 / Winter (60)

10:00a

LES MILLS
CORE
Carrie W. (30)

YOGA
Christina (55)

TABATA BARRE
Mary (55)

TOTAL BARRE
Jane (55)

LES MILLS
BODYFLOW
Amanda (55)

11:00a

LES MILLS
BODYFLOW
Kelly R. (55)

LES MILLS
BODYFLOW
Kelly R. (55)

LES MILLS
BODYFLOW
Kelly R. (55)

CORE
FUSION
Amanda (30)

HOT
VINYASA
Christina (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
CORE
Nassab (30)

bootybarre
Beverly (55)

TOTAL BARRE
Winter (55)

6:30p

LES MILLS
BODYFLOW
Jeannie (60)

7:00p

HOT POWER
YOGA
Christina (60)

HOT VINYASA
Christina (60)

VINYASA FLOW
Alexis (60)



EFC JULY 2021 Schedule

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KIDFIT

Nassab (45)
Zen Studio



EFC JULY 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
Mary (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
Mary (60)

LES MILLS GRIT
STRENGTH
Paula (30)

efcFIT
Catherine (60)

LES MILLS GRIT
ATHLETIC
Lara (30)

efcFIT
Mary (60)

TABATA BOOTCAMP
Alt. (60)

EVENING

4:00p

TABATA BOOTCAMP
Goldei (60)

TABATA BOOTCAMP
Mary (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)