



NOVEMBER 2021 SCHEDULE

Cycle | Group Exercise
Zen | Results | Kidfit

SWIPE FOR TIMES >>>

EFC NOVEMBER 2021 Schedule

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

M O R N I N G

5:30a

LES MILLS
RPM

Alt. (45)

LES MILLS
RPM

Marcy (45)



CYCLE

Jami (45)

LES MILLS
RPM

Jennifer (45)



CYCLE

Kelly J. (45)

9:00a



CYCLE

Cynthia (45)

LES MILLS
RPM

Alt. (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

Donna /
Marcy (45)

5:30p

LES MILLS
RPM

Michelle (45)

LES MILLS
sprint

Cynthia (30)

LES MILLS
RPM

Michelle (45)

LES MILLS
sprint

Paula / Niki (30)



EFC NOVEMBER 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 G. (55)

LES MILLS
BODYSTEP ATHLETIC

Megan (55)

LES MILLS
BODYPUMP

Amanda G. (55)

LES MILLS
BODYCOMBAT

Lara (55)

WERQ
dance • fitness • workout

Patrice (55)

10:00a

LES MILLS
BODYPUMP

Kelly R. (55)

ZUMBA

Tamika (55)

LES MILLS
BODYPUMP

Alt. (55)

LES MILLS
SH'BAM

Kat (45)

LES MILLS
BODYPUMP

Alt. (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
tone

Nassab (45)

LES MILLS
BODYCOMBAT

Lara (30)

SIMPLYFIT

Nassab (45)

WERQ
dance • fitness • workout

Patrice (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

Johanna (55)

LES MILLS
BODYCOMBAT

Katie M. (55)

LES MILLS
BODYPUMP

April (55)

TABATA
CARDIO BAG

Mary (60) | **Octagon**

TABATA
CARDIO BAG

Mary (60) | **Octagon**

6:30p

ZUMBA

Kelly R. (55)

ZUMBA

Alfred (55)

ZUMBA

Angie (55)

fight fit

Derek (60) | **Octagon**

fight fit

Derek (60) | **Octagon**



EFC NOVEMBER 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)

6:45a

8:00a

YOGA
Amanda G. (55)

HATHA YOGA
Kelly J. (55)

RESTORATIVE
YOGA
Amanda G. (55)

YOGA STRENGTH
& FLOW
Diana E. (55)

9:00a

PILATES
Julia (55)

TOTAL BARRE
Catherine (55)

PILATES
Julia (55)

YOGA
Jessica Y. (55)

TOTAL BARRE
Mary (55)

TOTAL BARRE
Mary / Winter (60)

10:00a

LES MILLS
CORE
Carrie W. (30)

SLOW FLOW
VINYASA
Christina (55)

TABATA BARRE
Mary (55)

bootybarre
Jane (55)

bootybarre
FLEX & FLOW
Tiffany (55)

LES MILLS
BODYFLOW
Donna L. (55)

11:00a

LES MILLS
BODYFLOW
Kelly R. (55)

LES MILLS
BODYFLOW
Kelly R. (55)

S-T-R-E-T-C-H
& RELAX
Jane (55)

LES MILLS
BODYFLOW
Kelly R. (55)

CORE
FUSION
Aubrie (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

bootybarre
FLEX & FLOW
Tiffany (55)

bootybarre
Beverly (55)

TOTAL BARRE
Winter (55)

6:30p

LES MILLS
BODYFLOW
Jeannie (60)

7:00p

HOT POWER &
PEACE YOGA
Christina (60)

HOT YOGA
Pervin (60)

HOT YOGA
Pervin (60)



EFC NOVEMBER 2021 Schedule

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KIDS DANCE

Nanani (45)
Zen Studio

KIDS FIT

Andrea (45)
Zen Studio



EFC NOVEMBER 2021 Schedule

RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS GRIT STRENGTH
Alt. (30)

LES MILLS GRIT CARDIO
Alt. (30)

5:45a

HIIT
Jermel (30)

HIIT
Jermel (30)

HIIT
Libby (30)

8:00a

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Mary (60)

efcFIT
Mary (60)

THE PLAYGROUND
Bray (60)

THE PLAYGROUND
Bray (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
Megan (60)

LES MILLS GRIT STRENGTH
Alt. (30)

SYNERGY
Mary (60)

THE PLAYGROUND
Ian (60)

SYNERGY
Mary (60)

THE PLAYGROUND
Ian (60)

SYNERGY
Kari (60)

10:00a

efcFIT
Mary (60)

LES MILLS GRIT STRENGTH
Alt. (30)

efcFIT
Catherine (60)

LES MILLS GRIT ATHLETIC
Lara (30)

efcFIT
Mary (60)

TABATA BOOTCAMP
Alt. (60)

EVENING

4:00p

TABATA BOOTCAMP
Sohailla (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
Amanda W. (60)