



# DECEMBER 2021 SCHEDULE

Cycle | Group Exercise  
Zen | Results | Kidfit

SWIPE FOR TIMES >>>



# EFC DECEMBER 2021 Schedule

# CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MORNING

5:30a

**LES MILLS**  
**RPM**

Michelle (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**

Jami (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)

## AFTERNOON

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**

Niki (30)





# EFC DECEMBER 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**

Kelly (55)

**LES MILLS**  
**SH'BAM**

Kat (45)

**LES MILLS**  
**BODYPUMP**

Megan (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)

CARDIO  
BELLYDANCE

Nassab (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 DECEMBER 2021 Schedule

## ZEN STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### MORNING

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	<b>LES MILLS CORE</b> Carrie W. (30)	SLOW FLOW VINYASA Christina (55)	TABATA BARRE Mary (55)	bootybarre Jane (55)	bootybarre FLEX & FLOW Tiffany (55)	<b>LES MILLS BODYFLOW</b> Donna L. (55)	
11:00a	<b>LES MILLS BODYFLOW</b> Kelly R. (55)		<b>LES MILLS BODYFLOW</b> Kelly R. (55)	S-T-R-E-T-C-H & RELAX Jane (55)	<b>LES MILLS BODYFLOW</b> Kelly R. (55)	CORE FUSION Aubrie (30)	HOT VINYASA Christina (60)
12:00p						YIN YOGA Christina (60)	

### AFTERNOON

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			<b>LES MILLS BODYFLOW</b> Jeannie (60)				
7:00p	HOT POWER YOGA Christina (60)	HOT YOGA Pervin (60)		HOT YOGA Pervin (60)			





# EFC DECEMBER 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 DECEMBER 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  
Lara (30)

**efcFIT**  
Catherine (60)

**LES MILLS GRIT** ATHLETIC  
Dana (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)