



JUNE 2022 SCHEDULE

SWIPE FOR TIMES >>>

EFC JUNE 2022 Schedule

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a

LES MILLS
RPM

Michelle (45)

LES MILLS
RPM

Marcy (45)



CYCLE

Maria (45)

LES MILLS
RPM

Jennifer (45)



CYCLE

Kelly J. (45)

9:00a



CYCLE

Cynthia (45)



CYCLE

Amber (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

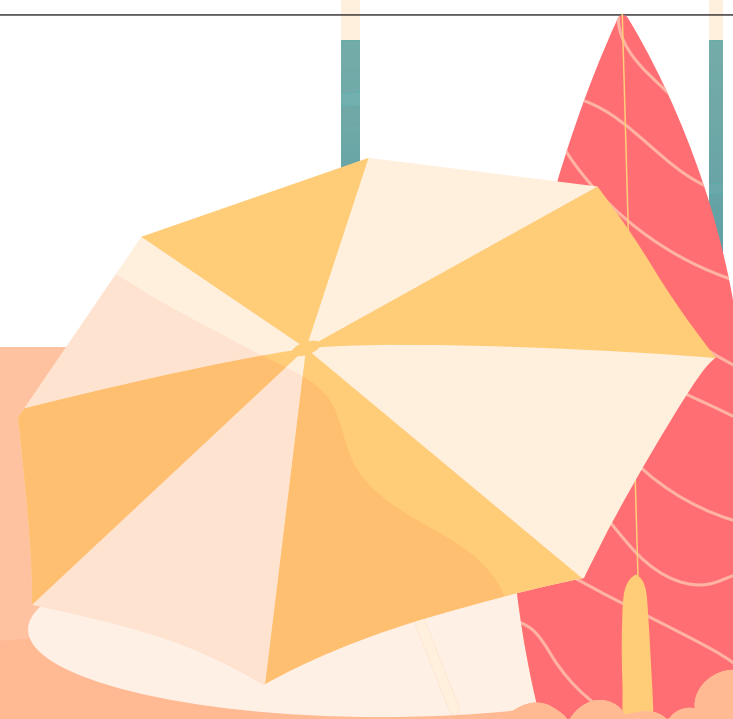
Michelle (45)

LES MILLS
sprint

Cynthia (30)

LES MILLS
sprint

Niki (30)



EFC JUNE 2022 Schedule

GROUP EX STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS
BODYPUMP

Jennifer S. (55)

LES MILLS
BODYPUMP

Jennifer S. (55)

5:45a

HIIT

Libby (30)

HIIT

Libby (30)

9:00a

LES MILLS
BODYJAM

Kim Jensen (55)

LES MILLS
BODYPUMP

Carrie W.. (55)

LES MILLS
BODYSTEP ATHLETIC

Megan (55)

LES MILLS
BODYPUMP

Nassab (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)

MUSCLE &
GROOVE

Kelly Richardson (55)

LES MILLS
BODYPUMP

Megan (55)

LES MILLS
BODYPUMP

Alt. (55)

TABATA
CARDIO BAG

Mary (60) | Octagon

TABATA
CARDIO BAG

Cynthia (60) | Octagon

11:00a

ZUMBA

Tamika (55)

tone

Nassab (45)

Bellydance Cardio

Nassab (55)

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

Georgie (55)

5:30p

LES MILLS
BODYCOMBAT

Anna (55)

LES MILLS
BODYPUMP

Sandra (55)

LES MILLS
BODYCOMBAT

Jessica (55)

LES MILLS
BODYPUMP

April (55)

TABATA
CARDIO BAG

Mary (60) | Octagon

TABATA
CARDIO BAG

Mary (60) | Octagon

6:30p

HIP HOP ABS

Nijya (55)

X-TREME
HIP-HOP with

Tujuana (55)

ZUMBA

Alfred (55)

ZUMBA

Angie (55)

fight fit

Derek (60) | Octagon

fight fit

Derek (60) | Octagon



EFC JUNE 2022 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

VINYASA FLOW
Christina (55)

HATHA YOGA
Kelly J. (55)

RISE & SHINE
YIN*
Christina. (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 (55)

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
Alt. (55)

HOT
VINYASA
Christina (60)

12:00p

YIN YOGA
Christina (60)

YIN YOGA
Christina (60)

AFTERNOON

12:30p

4:30p

PILATES
Julia (55)

PILATES
Julia (55)

5:30p

bootybarre
FLEX & FLOW
Tiffany (55)

bootybarre
Beverly (55)

BARRE
Aubrie (60)

TOTAL BARRE
Winter (55)

6:30p

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

***NEW!**

Rise & Shine Yin:

A gentle, all levels class that focuses on opening and warming the body, restoring mobility & flexibility through long, passive holds and subtle movements. A great way to start the day!



EFC JUNE 2022 Schedule

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

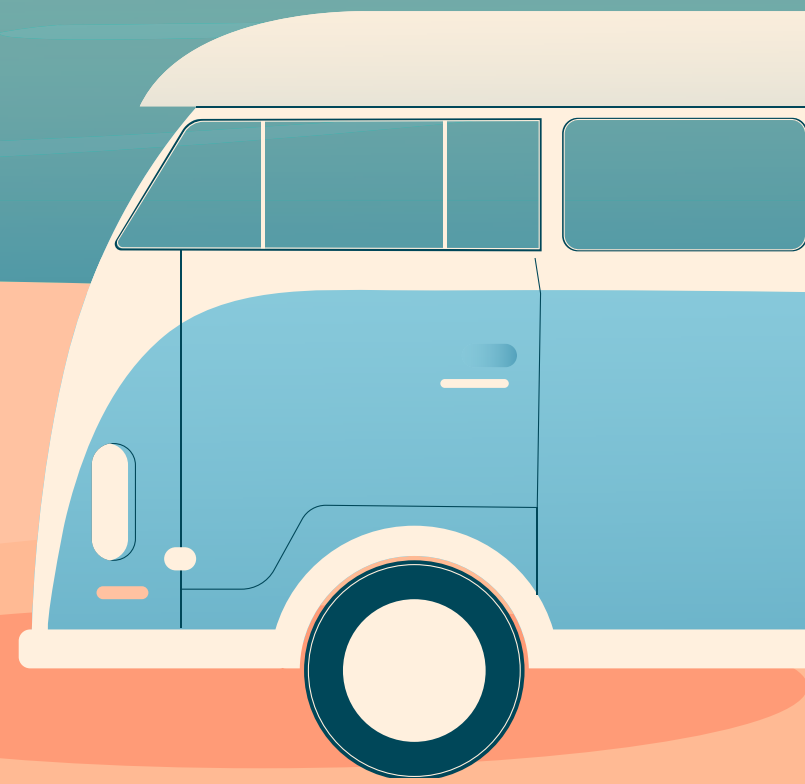
4:30p

KIDS DANCE

Nanani (45)
Zen Studio

KID FIT

Andrea (45)
Zen Studio



EFC JUNE 2022 Schedule

RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS GRIT STRENGTH
Kia (30)

LES MILLS GRIT CARDIO
Kia (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 STRENGTH
Lauren (30)

efcFIT
Mary (60)

TABATA BOOTCAMP
Alt. (60)

EVENING

4:00p

TABATA BOOTCAMP
Sohailla (60)

4:30p

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)

