



OCTOBER 2022
SCHEDULE

CYCLE | GROUP EXERCISE
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>

EFC OCTOBER 2022 SCHEDULE

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a

LES MILLS
RPM

Marcy (45)


CYCLE

Maria (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

LES MILLS
RPM

Donna /
Marcy (45)

6:00p


CYCLE

Maria (45)


CYCLE

Cynthia (45)


CYCLE

Maria (45)



EFC OCTOBER 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 (40)

HIIT

Libby (40)

9:00a

LES MILLS
BODYJAM

Kim Jensen (55)

LES MILLS
BODYPUMP

Carrie W.. (55)

LES MILLS
BODYSTEP ATHLETIC

Megan (55)

LES MILLS
BODYPUMP

Meg Retrum (55)

LES MILLS
BODYCOMBAT

Lara (55)

WERQ
dance · fitness · workout

Patrice (55)

10:00a

LES MILLS
BODYPUMP

Megan A. (55)

ZUMBA

Tamika (55)

TABATA
CARDIO BAG

Mary (60) | Octagon

LES MILLS
BODYPUMP

Kelly (55)

MUSCLE &
GROOVE

Kelly Richardson (55)

TABATA
CARDIO BAG

Cynthia (60) | Octagon

LES MILLS
BODYPUMP

Megan (55)

LES MILLS
BODYPUMP

Alt. (55)

11:00a

ZUMBA

Tamika (55)

LES MILLS
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)

TABATA
CARDIO BAG

Amanda (60) | Octagon

LES MILLS
BODYCOMBAT

Jessica (55)

LES MILLS
BODYPUMP

April (55)

6:30p

DANCE & CORE

Nijya (55)

X-TREME
HIP-HOP with

Tujuana (55)

ZUMBA

Alfred (55)

fight fit

Derek (60) | Octagon

ZUMBA

Angie (55)



EFC OCTOBER 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)

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/Maria (55)

10:00a

LES MILLS CORE
Carrie W. (30)

SLOW FLOW VINYASA
Christina (55)

TOTAL BARRE
Aubrie S. (55)

bootybarre
Jane (55)

bootybarre
FLEX & FLOW
Tiffany (55)

LES MILLS BODYBALANCE
Donna L. (55)

11:00a

LES MILLS BODYBALANCE
Libby (55)

LES MILLS BODYBALANCE
Kelly R. (55)

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

LES MILLS BODYBALANCE
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)

YOGA
Grace (55)

6:00p

HOT BARRE EXPRESS
Aubrie (45)

7:00p

HOT POWER YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT POWER YOGA
Diane (60)

HOT YOGA
Pervin (60)



EFC OCTOBER 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 OCTOBER 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 (40)

HIIT
Jermel (40)

HIIT
Libby (40)

8:00a

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

9:00a

SYNERGY
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Catherine (60)

THE PLAYGROUND
Ian (60)

THE PLAYGROUND
Ian (60)

BOOTCAMP
Catherine (60)

THE PLAYGROUND
Ian (60)

THE PLAYGROUND
Ian (60)

THE PLAYGROUND
Ian (60)

TABATA BOOTCAMP
Megan (60)

LES MILLS GRIT STRENGTH
Alt. (30)

SYNERGY
Kari (60)

10:00a

BOOTCAMP
Mary (60)

LES MILLS GRIT STRENGTH
Lara (30)

BOOTCAMP
Catherine (60)

LES MILLS GRIT STRENGTH
Kim J (30)

BOOTCAMP
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)

BOOTCAMP
Mary (60)

BOOTCAMP
Jermel (60)

THE PLAYGROUND
Bray (60)

THE PLAYGROUND
Bray (60)

6:30p

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Kari (60)

SYNERGY
Kari (60)

SYNERGY
Amanda W. (60)