



JANUARY 2023  
**SCHEDULE**

CYCLE | GROUP EXERCISE  
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>

# EFC JANUARY 2023 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**  
EXPRESS

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**  
EXPRESS

Dana (30)



# EFC JANUARY 2023 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**

Mary (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**

Cynthia (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**

Dana (55)

**LES MILLS**  
**BODYCOMBAT**

Jessica (55)

**LES MILLS**  
**BODYPUMP**

April (55)

6:30p

DANCE & CORE

Nijya (55)

**fight fit**

Derek (60) | Octagon

**X-TREME**  
**HIP-HOP** with

Tujuana (55)

**ZUMBA**

Alfred (55)

**fight fit**

Derek (60) | Octagon

**ZUMBA**

Angie (55)



# EFC JANUARY 2023 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  
Jane (55)

TOTAL BARRE  
Catherine (55)

BARRELATES  
Mary (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)

VINYASA  
FLOW  
Christina (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  
Beverly (55)

PILATES  
Jane (55)

5:30p

TOTAL BARRE  
Alt (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 VINYASA  
Diane (60)

HOT YOGA  
Pervin (60)



# EFC JANUARY 2023 SCHEDULE

# KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KID FIT

Savannah (45)  
Zen Studio

KID FIT

Andrea (45)  
Zen Studio



# EFC JANUARY 2023 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)

6:30p

**BOOTCAMP**  
Jermel (60)

**BOOTCAMP**  
Jermel (60)

**BOOTCAMP**  
Jermel (60)

**BOOTCAMP**  
Kari (60)

**SYNERGY**  
Kari (60)

**SYNERGY**  
Amanda W. (60)