



MARCH 2023 SCHEDULE

CYCLE | GROUP EXERCISE
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>

EFC MARCH 2023 SCHEDULE

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

M O R N I N G

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)

A F T E R N O O N

2:00p

LES MILLS
RPM

Donna /
Marcy (45)

6:00p


CYCLE

Maria (45)


CYCLE

Cynthia (45)


CYCLE
EXPRESS

Dana (30)



EFC MARCH 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) |
Heavy Bag Studio

LES MILLS
BODYPUMP

Kelly (55)

MUSCLE &
GROOVE

Kelly Richardson (55)

TABATA
CARDIO BAG
Mary (60) |
Heavy Bag Studio

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)

TABATA
CARDIO BAG
Mary (60) |
Heavy Bag Studio

LES MILLS
BODYPUMP

April (55)

DANCE & CORE

Nijya (55)

X-TREME
HIP-HOP with

Tujuana (55)

ZUMBA

Alfred (55)

ZUMBA

Angie (55)

fight fit
Derek (60) |
Heavy Bag Studio

fight fit
Derek (60) |
Heavy Bag Studio



EFC MARCH 2023 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)

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
Nanani (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
Diana (55)

HOT
VINYASA
Christina (60)

12:00p

YIN YOGA
Christina (60)

YIN YOGA
Christina (60)

A F T E R N O O N

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 MARCH 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 MARCH 2023 SCHEDULE RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

4:30p

5:30a

5:45a

8:00a

9:00a

10:00a

 **HIIT**
Jermel (40)

LES MILLS
GRIT STRENGTH
Kia (30)

 **HIIT**
Jermel (40)

LES MILLS
GRIT CARDIO
Kia (30)

 **HIIT**
Libby (40)

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Catherine (60)

 **BOOTCAMP**
Mary (60)

 **THE PLAYGROUND**
Bray (60)

 **BOOTCAMP**
Mary (60)

 **THE PLAYGROUND**
Kim J (60)

 **SYNERGY**
Mary (60)

 **BOOTCAMP**
Catherine (60)

 **THE PLAYGROUND**
Jermel (60)

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

 **THE PLAYGROUND**
Kim J (60)

LES MILLS
GRIT STRENGTH
Lara (30)

 **BOOTCAMP**
Catherine (60)

 **THE PLAYGROUND**
Bray (60)

 **BOOTCAMP**
Catherine (60)

 **BOOTCAMP**
Catherine (60)

 **THE PLAYGROUND**
Kim J (60)

LES MILLS
GRIT STRENGTH
Kim J (30)

 **TABATA BOOTCAMP**
Megan (60)

 **BOOTCAMP**
Mary (60)

LES MILLS
GRIT STRENGTH
Alt. (30)

 **SYNERGY**
Kari (60)

 **TABATA BOOTCAMP**
Alt. (60)

EVENING

4:00p

4:30p

5:00p

5:30p

6:30p

 **TABATA BOOTCAMP**
Sohailla (60)

 **TABATA BOOTCAMP**
Mary (60)

 **TABATA BOOTCAMP**
Mary (60)

LES MILLS
GRIT STRENGTH
Dana (30)

LES MILLS
GRIT STRENGTH
Dana (30)

 **BOOTCAMP**
Jermel (60)

 **BOOTCAMP**
Jermel (60)

 **THE PLAYGROUND**
Bray (60)

 **BOOTCAMP**
Kelly (60)

 **THE PLAYGROUND**
Bray (60)

 **BOOTCAMP**
Jermel (60)

 **BOOTCAMP**
Jermel (60)

 **BOOTCAMP**
Jermel (60)

 **SYNERGY**
Kari (60)

 **BOOTCAMP**
Jermel (60)

 **BOOTCAMP**
Kari (60)

 **SYNERGY**
Amanda W. (60)