



# MAY 2023 SCHEDULE

CYCLE | GROUP EXERCISE  
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>



# EFC MAY 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)

5:00p

**LES MILLS**  
**sprint**

Kim (30)

6:00p



**CYCLE**

Maria (45)



**CYCLE**

Cynthia (45)



# EFC MAY 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

**LES MILLS**  
**BODYPUMP**

Megan (55)

**LES MILLS**  
**BODYPUMP**

Nika (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**

MAY (55)

6:30p

DANCE & CORE

Nijya (55)

**fight fit**

Derek (60) |  
Heavy Bag Studio

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

Tujuana (55)

**ZUMBA**

Alfred (55)

**ZUMBA**

Angie (55)





# EFC MAY 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  
Kathy (55)

HATHA YOGA  
Kelly J. (55)

RISE & SHINE  
YIN\*  
Grace. (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  
Kathy (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  
Elsie (60)

12:00p

YIN YOGA  
Alexis/Diane (60)

YIN YOGA  
Alexis (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

7:00p

HOT POWER  
YOGA  
Diane (60)

HOT YOGA  
Pervin (60)

HOT VINYASA  
Diane (60)

HOT YOGA  
Pervin (60)



# EFC MAY 2023 SCHEDULE

# KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KID FIT

Alt. (45)  
**Zen Studio**

KID FIT

Maria/Megan (45)  
**Zen Studio**



# EFC MAY 2023 SCHEDULE

# RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## MORNING

4:30p

5:30a

5:45a

8:00a

9:00a

10:00a

|                                      |                                                            |                                    |                                                             |                                      |                                                            |
|--------------------------------------|------------------------------------------------------------|------------------------------------|-------------------------------------------------------------|--------------------------------------|------------------------------------------------------------|
|                                      | <b>LES MILLS GRIT</b> <small>STRENGTH</small><br>Kia (30)  |                                    | <b>LES MILLS GRIT</b> <small>CARDIO</small><br>Kia (30)     |                                      |                                                            |
| <b>HIIT</b><br>Jermel (40)           |                                                            | <b>HIIT</b><br>Jermel (40)         |                                                             | <b>HIIT</b><br>Libby (40)            |                                                            |
| <b>BOOTCAMP</b><br>Mary (60)         | <b>BOOTCAMP</b><br>Mary (60)                               | <b>BOOTCAMP</b><br>Mary (60)       | <b>BOOTCAMP</b><br>Catherine (60)                           | <b>BOOTCAMP</b><br>Mary (60)         | <b>BOOTCAMP</b><br>Mary (60)                               |
|                                      |                                                            |                                    |                                                             | <b>THE PLAYGROUND</b><br>Bray (60)   | <b>THE PLAYGROUND</b><br>Kim J (60)                        |
| <b>BOOTCAMP</b><br>Catherine (60)    | <b>BOOTCAMP</b><br>Mary (60)                               | <b>BOOTCAMP</b><br>Catherine (60)  | <b>BOOTCAMP</b><br>Catherine (60)                           | <b>TABATA BOOTCAMP</b><br>Megan (60) | <b>LES MILLS GRIT</b> <small>STRENGTH</small><br>Alt. (30) |
| <b>THE PLAYGROUND</b><br>Jermel (60) | <b>THE PLAYGROUND</b><br>Kim J (60)                        | <b>THE PLAYGROUND</b><br>Bray (60) | <b>THE PLAYGROUND</b><br>Kim J (60)                         |                                      | <b>SYNERGY</b><br>Kari (60)                                |
| <b>BOOTCAMP</b><br>Mary (60)         | <b>LES MILLS GRIT</b> <small>STRENGTH</small><br>Lara (30) | <b>BOOTCAMP</b><br>Catherine (60)  | <b>LES MILLS GRIT</b> <small>STRENGTH</small><br>Kim J (30) | <b>BOOTCAMP</b><br>Mary (60)         | <b>TABATA BOOTCAMP</b><br>Alt. (60)                        |

## EVENING

4:00p

4:30p

5:00p

5:30p

6:30p

|                                                            |                                    |                                     |                                                            |                                     |  |
|------------------------------------------------------------|------------------------------------|-------------------------------------|------------------------------------------------------------|-------------------------------------|--|
| <b>TABATA BOOTCAMP</b><br>Sohailla (60)                    |                                    |                                     |                                                            |                                     |  |
|                                                            |                                    | <b>TABATA BOOTCAMP</b><br>Mary (60) |                                                            | <b>TABATA BOOTCAMP</b><br>Mary (60) |  |
| <b>LES MILLS GRIT</b> <small>STRENGTH</small><br>Dana (30) |                                    |                                     | <b>LES MILLS GRIT</b> <small>STRENGTH</small><br>Dana (30) |                                     |  |
| <b>BOOTCAMP</b><br>Jermel (60)                             | <b>BOOTCAMP</b><br>Jermel (60)     | <b>BOOTCAMP</b><br>Kelly (60)       | <b>BOOTCAMP</b><br>Jermel (60)                             |                                     |  |
|                                                            | <b>THE PLAYGROUND</b><br>Bray (60) | <b>THE PLAYGROUND</b><br>Bray (60)  |                                                            |                                     |  |
| <b>BOOTCAMP</b><br>Jermel (60)                             | <b>BOOTCAMP</b><br>Jermel (60)     | <b>BOOTCAMP</b><br>Jermel (60)      | <b>BOOTCAMP</b><br>Kari (60)                               |                                     |  |
|                                                            | <b>SYNERGY</b><br>Kari (60)        |                                     | <b>SYNERGY</b><br>Amanda W. (60)                           |                                     |  |



# EFC MAY 2023 SCHEDULE

## PUSH STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### MORNING

9:00a

PUSH  
ZONE

Mary (60)

PUSH  
ZONE

Dana (60)

PUSH  
ZONE

Dana/Jeannie (60)

PUSH  
ZONE

Kelly (60)

PUSH  
ZONE

Kim (60)

10:00a

PUSH  
ZONE

Alt (60)

10:30a

PUSH  
ZONE

Kim (60)

PUSH  
ZONE

Tiffany (60)

PUSH  
ZONE

Kelly (60)

PUSH  
ZONE

Dana (60)

PUSH  
ZONE

Tiffany (60)

5:00p

PUSH  
ZONE

Jeannie (60)

PUSH  
ZONE

Jessica (60)

PUSH  
ZONE

Dana (60)

PUSH  
ZONE

Jessica (60)

6:30p

PUSH  
ZONE

Dana/Jeannie (60)

PUSH  
ZONE

Dana (60)

PUSH  
ZONE

Nika (60)

### AFTERNOON

