



# NOVEMBER 2023 SCHEDULE

CYCLE | GROUP EXERCISE  
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>

# EFC NOV 2023 SCHEDULE

## CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### MORNING

5:00a

**+SPIN  
FLUX**  
Maria (60)

**+SPIN  
FLUX**  
Mary (60)

**LES MILLS  
RPM**  
Marcy (45)

**CYCLE**  
Kelly J. (45)

5:30a

**CYCLE**  
Cynthia (45)

**CYCLE**  
Amber (45)

**CYCLE**  
Kelly J. (45)

**CYCLE**  
Tanya (45)

**CYCLE**  
Cynthia (45)

**LES MILLS  
RPM**  
Marcy /  
Jennifer S. (45)

9:00a

**+SPIN  
FLUX**  
Cynthia (60)

**+SPIN  
FLUX**  
Dana (60)

**+SPIN  
FLUX**  
Jeannie (60)

**+SPIN  
FLUX**  
Julia (60)

CYCLE / RPM  
Mackenzie /  
Cynthia (45)

10:00a

### AFTERNOON

2:00p

**LES MILLS  
RPM**  
Donna/Harold (45)

4:30p

**+SPIN  
FLUX**  
Julia (60)

5:00p

**+SPIN  
FLUX**  
Mary (60)

**LES MILLS  
sprint**  
Kim (30)

5:30p

**CYCLE**  
Maria (30)

6:00p

**+SPIN  
FLUX**  
Maria (60)

6:30p

**+SPIN  
FLUX**  
Jermel (60)



# EFC NOV 2023 SCHEDULE

## GROUP X STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### MORNING

5:00a

**MUSCLE  
WORKS**

Kelly Richardson (55)

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**

Emily (55)

**LES MILLS  
BODYCOMBAT**

Lara (55)

**WERQ**

Patrice (55)

10:00a

**LES MILLS  
BODYPUMP**

Megan A. (55)

**ZUMBA**

Jaime (55)

**LES MILLS  
BODYPUMP**

Paula (55)

**MUSCLE &  
GROOVE**

Kelly Richardson (55)

**LES MILLS  
BODYPUMP**

Megan (55)

**LES MILLS  
BODYPUMP**

Alt (55)

10:15a

**TABATA  
CARDIO BAG**

Mary (45)

Heavy Bag Studio

**TABATA  
CARDIO BAG**

Mary (45)

Heavy Bag Studio

11:00a

**ZUMBA**

Tamika (55)

**MUSCLE  
WORKS**

Kelly Richardson (55)

**ZUMBA**

Tamika (55)

**SIMPLYFIT**

Cynthia (45)

**WERQ**

Patrice (55)

**ZUMBA**

Alt. (55)

### AFTERNOON

4:30p

**LES MILLS  
BODYPUMP**

Megan (55)

**LES MILLS  
BODYPUMP**

Nika (55)

5:30p

**LES MILLS  
BODYPUMP**

April (55)

**STEP  
Sculpt**

Deborah (55)

**TABATA  
CARDIO BAG**

Mary (45)

Heavy Bag Studio

**LES MILLS  
BODYCOMBAT**

Anna (55)

6:30p

**DANCE & CORE**

Nijya (55)

**fight fit**

Derek (60)

Heavy Bag Studio

**X-TREME  
HIP-HOP**

Tijuana (55)

**ZUMBA**

Alfred (55)

**ZUMBA**

Angie (55)



# EFC NOV 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  
Maria (55)

HATHA YOGA  
Kelly J. (55)

RISE & SHINE  
YIN\*  
Grace. (55)

YOGA STRENGTH  
& FLOW  
Diana E. (55)

8:15a

FOAM ROLLING  
Catherine (30)

9:00a

PILATES  
Jane (55)

TOTAL BARRE  
Catherine (55)

BARRELATES  
Mary (55)

YOGA  
Jessica Y. (55)

TOTAL BARRE  
Mary (55)

TOTAL BARRE  
Mary/Maria (60)

TOTAL BARRE  
Aubrie S. (60)

9:15a

**CORE30**  
Jeannie (30)

10:00a

**LES MILLS**  
**CORE**  
Carrie W. (30)

SLOW FLOW  
VINYASA  
Andrea (55)

TOTAL  
BARRE  
Aubrie S. (55)

**bootybarre**  
Jane (55)

VINYASA  
FLOW  
Nanani (55)  
**LES MILLS**  
**CORE**  
Dana (30)

**LES MILLS**  
**BODYBALANCE**  
Donna L. (55)

11:00a

**LES MILLS**  
**BODYBALANCE**  
Jeannie (55)

**LES MILLS**  
**BODYBALANCE**  
Paula. (55)

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

**LES MILLS**  
**BODYBALANCE**  
Alt. (55)

HOT  
VINYASA  
Diana (55)

HOT  
VINYASA  
Elsie (60)

FOAM ROLLING  
Catherine (30)

12:00p

YIN YOGA  
Diane (60)

12:30p

YIN YOGA  
Alexis (60)

### A F T E R N O O N

4:00p

**LES MILLS**  
**CORE**  
Dana (30)

4:30p

PILATES  
Beverly (55)

PILATES  
Jane (55)

5:30p

TOTAL BARRE  
Alt (55)

**bootybarre**  
Beverly (55)

YOGA  
Grace (55)

7:00p

HOT POWER  
YOGA  
Diane (60)

HOT YOGA  
Pervin (60)

HOT VINYASA  
Diane (60)

HOT YOGA  
Pervin (60)



\* WEDNESDAY AND FRIDAY LM CORE CLASSES WILL BE HELD IN STUDIO NEXT TO THE CYCLE ROOM.

\*\* FOAM ROLLING CLASS HELD IN STUDIO NEXT TO THE CYCLE ROOM.



# EFC NOV 2023 SCHEDULE

## KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KID FIT

(45)  
**Zen Studio**

KID FIT

(45)  
**Zen Studio**



# EFC NOV 2023 SCHEDULE

# RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## MORNING

5:30a

**LES MILLS**  
**GRIT** STRENGTH  
Kia (30)

**LES MILLS**  
**GRIT** STRENGTH  
Kia (30)

5:45a

 **HIIT**  
Jermel (40)

 **HIIT**  
Kelly Richardson (40)

 **HIIT**  
Libby (40)

8:00a

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Catherine (60)

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Mary (60)

 **THE PLAYGROUND**  
Kim (60)

 **THE PLAYGROUND**  
Alt (60)

9:00a

 **BOOTCAMP**  
Catherine (60)

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Catherine (60)

 **BOOTCAMP**  
Catherine (60)

 **BOOTCAMP**  
Megan (60)

**LES MILLS**  
**GRIT** STRENGTH  
Alt. (30)

 **THE PLAYGROUND**  
Sarah (60)

 **THE PLAYGROUND**  
Kim J (60)

 **THE PLAYGROUND**  
Kim J (60)

10:00a

 **BOOTCAMP**  
Mary (60)

**LES MILLS**  
**GRIT** STRENGTH  
Lara (30)

 **BOOTCAMP**  
Catherine (60)

**LES MILLS**  
**GRIT** STRENGTH  
Kim Jensen (30)

 **BOOTCAMP**  
Mary (60)

 **TABATA**  
**BOOTCAMP**  
Alt. (60)

## EVENING

4:00p

 **TABATA**  
**BOOTCAMP**  
Sohailla (60)

4:30p

 **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**  
Jermel (60)

 **BOOTCAMP**  
Jermel (60)

6:30p

 **BOOTCAMP**  
Jermel (60)



# EFC NOV 2023 SCHEDULE

## PUSH STUDIO



|        | MONDAY                    | TUESDAY                 | WEDNESDAY                 | THURSDAY                  | FRIDAY                    | SATURDAY              |
|--------|---------------------------|-------------------------|---------------------------|---------------------------|---------------------------|-----------------------|
|        | M O R N I N G             |                         |                           |                           |                           |                       |
| 5:00a  | PUSH ZONE<br>Mary (60)    |                         | PUSH ZONE<br>Mary (60)    |                           | PUSH ZONE<br>Mary (60)    |                       |
| 8:00a  |                           | PUSH ZONE<br>Kelly (60) |                           | PUSH ZONE<br>Mary (60)    |                           |                       |
| 9:00a  | PUSH ZONE<br>Mary (60)    |                         | PUSH ZONE<br>Dana (60)    |                           | PUSH ZONE<br>Kim (60)     |                       |
| 9:15a  |                           | PUSH ZONE<br>Kelly (60) |                           | PUSH ZONE<br>Mary (60)    |                           |                       |
| 10:00a |                           |                         |                           |                           |                           | PUSH ZONE<br>Alt (60) |
| 10:15a | PUSH ZONE<br>Tiffany (60) |                         | PUSH ZONE<br>Tiffany (60) |                           | PUSH ZONE<br>Tiffany (60) |                       |
|        | E V E N I N G             |                         |                           |                           |                           |                       |
| 4:30p  |                           | PUSH ZONE<br>Dana (60)  |                           | PUSH ZONE<br>Tiffany (60) |                           |                       |
| 5:00p  | PUSH ZONE<br>Mary (60)    |                         | PUSH ZONE<br>Kelly (60)   |                           |                           |                       |
| 6:00p  |                           | PUSH ZONE<br>Mary (60)  |                           | PUSH ZONE<br>Nika (60)    |                           |                       |
| 6:30p  | PUSH ZONE<br>Jeannie (60) |                         | PUSH ZONE<br>Amanda (60)  |                           |                           |                       |

