



JUNE



2024

CYCLE | GROUP EXERCISE | ZEN
RESULTS | KIDFIT | PUSH

SWIPE FOR TIMES >>>

EFC JUNE 2024 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
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)

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
BODYBALANCE
Donna L. (55)

11:00a

LES MILLS
BODYBALANCE
Jeannie (55)

FOAM ROLLING
Catherine (30)

YOGA
Paula (45)

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

LES MILLS
CORE
Dana (30)

LES MILLS
BODYBALANCE
Alt. (55)

HOT
VINYASA
Diana (55)

HOT
VINYASA
Elsie (60)

12:00p

YIN YOGA
Diane (60)

12:30p

HOT
VINYASA
Elsie (60)

AFTERNOON

4:30p

PILOXING
Barbara (55)

PILATES
Jane (55)

PILATES
Jane (55)

5:00p

FOAM ROLLING
Sohallia (30)

5:30p

TOTAL BARRE
Alt (55)

bootybarre
Tiffany (55)

YOGA
Grace (55)

6:00p

HOT VINYASA
Diane (60)

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT VINYASA
Diane (60)

HOT YOGA
Pervin (60)



EFC JUNE 2024 SCHEDULE

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:45p

KID FIT

(45)
Group Ex Studio

KID FIT

(45)
Zen Studio



EFC JUNE 2024 SCHEDULE RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

 **HIIT**

Jermel (40)

 **HIIT**

Kelly Richardson (40)

 **HIIT**

Libby (40)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Megan (60)

 **GRIT** STRENGTH

Alt. (30)

 **THE PLAYGROUND**

Sarah (60)

 **THE PLAYGROUND**

Kim J (60)

 **THE PLAYGROUND**

Kim J (60)

 **HIIT**

Kari(30)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Mary (60)

 **TABATA BOOTCAMP**

Alt. (60)

EVENING

 **TABATA BOOTCAMP**

Sohailla (60)

 **BOOTCAMP**

Mary (60)

 **GRIT** STRENGTH

Dana (30)

 **GRIT** STRENGTH

Dana (30)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

LEG DAY

Jermel (30)

 **BOOTCAMP**

Kari (60)



EFC JUNE 2024 SCHEDULE

PUSH STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:00a

••push
fitness zone
Mary (60)

••push
fitness zone
Mary (60)

••push
fitness zone
Mary (60)

6:30a

••push
fitness zone
Mary (60)

8:00a

••push
fitness zone
Kelly (60)

••push
fitness zone
Mary (60)

9:00a

••push
fitness zone
Mary (60)

••push
fitness zone
Dana (60)

••push
fitness zone
Kim (60)

9:15a

••push
fitness zone
Kelly (60)

••push
fitness zone
Mary (60)

10:00a

••push
fitness zone
Alt (60)

10:15a

••push
fitness zone
Tiffany (60)

••push
fitness zone
Tiffany (60)

••push
fitness zone
Tiffany (60)

EVENING

3:00p

••push
fitness zone
Alt (60)

5:00p

••push
fitness zone
Nika (60)

••push
fitness zone
Kelly (60)

5:30p

••push
fitness zone
Kari (60)

••push
fitness zone
Jermel (60)

6:30p

••push
fitness zone
Jeannie (60)

••push
fitness zone
Amanda (60)

EFC JUNE 2024 SCHEDULE

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a


CYCLE
Kelly J. (45)

6:30a


Marci (60)

9:00a


CYCLE
Cynthia (45)


CYCLE
Amber (45)


CYCLE
Kelly J. (45)


CYCLE
Tanya (45)


CYCLE
Cynthia (45)

LESMILLS
RPM
Marcy /
Jennifer S. (45)

10:00a


Dana (60)


Julia (60)

CYCLE / RPM
Mackenzie /
Cynthia (45)

AFTERNOON

5:30p


Maria/Dana (60)

LESMILLS
sprint
Kim (30)

LESMILLS
sprint
Kim (30)



EFC JUNE 2024 SCHEDULE

GROUP X 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)

**HIGH
FITNESS**
Janie (55)

**LES MILLS
BODYPUMP**
Emily (55)

**LES MILLS
BODYCOMBAT**
Lara (55)

WERQ **LES MILLS
BODYJAM**
Bellydance HIGH FITNESS
(Alternating Classes)

10:00a

**LES MILLS
BODYPUMP**
Megan A. (55)

WERQ
Nanani (60)

**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)

**LES MILLS
BODYJAM**
Kim Jensen (55)

SIMPLYFIT
Cynthia (45)

WERQ
Patrice (55)

ZUMBA
Alt. (55)

11:15a

ZUMBA
Angela. (55)

AFTERNOON

4:30p

**LES MILLS
BODYPUMP**
Megan (55)

**LES MILLS
BODYPUMP**
Nika (55)

5:30p

**LES MILLS
BODYPUMP**
April (55)

LINE DANCING
Pam (55)

**LES MILLS
BODYCOMBAT**
Andria (30)

**LES MILLS
BODYCOMBAT**
Anna (55)

6:00p

**LES MILLS
BODYPUMP**
Andria (30)

6:30p

WERQ
Andria (55)
fight fit
Derek (60)
Heavy Bag Studio

**X-TREME
HIP-HOP**
Tijuana (55)

ZUMBA
Alfred (55)

ZUMBA
Angie (55)

