

MAY 2024 SCHEDULE



CYCLE | GROUP EXERCISE | ZEN
RESULTS | KIDFIT | PUSH

SWIPE FOR TIMES >>>

EFC MAY 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)

LES MILLS
RPM
Marcy /
Jennifer S. (45)

10:00a


Dana (60)


Julia (60)

CYCLE / RPM
Mackenzie /
Cynthia (45)

AFTERNOON

2:00p

LES MILLS
RPM
Donna/Harold (45)

5:30p


Maria/Dana (60)


Kim (60)

LES MILLS
sprint
Kim (30)

6:00p


Dana (60)


Nika (60)



EFC MAY 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)

LES MILLS BODYJAM
HIGH FITNESS
Bellydance (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)

5:00p

LINE DANCING
Pam (60)

5:30p

LES MILLS BODYPUMP
April (55)

LES MILLS BODYPUMP
Dana (55)

LES MILLS BODYCOMBAT
Andria (55)

LES MILLS BODYCOMBAT
Anna (55)

6:30p

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

X-TREME HIP-HOP
Tijuana (55)

ZUMBA
Alfred (55)

ZUMBA
Angie (55)



EFC MAY 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)

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)

12:00p

YIN YOGA
Diane (60)

12:30p

YIN YOGA
Kathy (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)

LES MILLS
CORE
Dana (30)

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 MAY 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 MAY 2024 SCHEDULE RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

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)

9:00a

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)

10:00a

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

TABATA BOOTCAMP
Alt. (60)

EVENING

4:00p

TABATA BOOTCAMP
Sohailla (60)

4:30p

BOOTCAMP
Mary (60)

5:00p

GRIT STRENGTH
Dana (30)

GRIT STRENGTH
Dana (30)

5:30p

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

6:30p

BOOTCAMP
LEG DAY
Jermel (30)

BOOTCAMP
Kari (60)



EFC MAY 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)