

EFC OCTOBER 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)

**LES MILLS
BODYCOMBAT**
Sabrina (55)

**LES MILLS
BODYPUMP**
Emily (55)

**LES MILLS
BODYCOMBAT**
Lara (55)

**LES MILLS
BODYJAM**
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)

11:00a

ZUMBA
Gwen (55)

MUSCLE
WORKS
Kelly Richardson (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**
Dana (55)

5:30p

**LES MILLS
BODYPUMP**
April (55)

LINE DANCING
Pam (55)

**LES MILLS
BODYCOMBAT**
Andria (45)

**LES MILLS
BODYPUMP**
Dana (45)

6:30p

DANCE & CORE
Nijya (55)

MUSCLE &
GROOVE
Kelly Richardson (55)

ZUMBA
Alfred (55)

ZUMBA
Angie (55)



EFC OCTOBER 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)

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)
FOAM ROLLING
Catherine (30)

bootybarre
Jane (55)

VINYASA
FLOW
Nanani (55)

LES MILLS
BODYBALANCE
Donna L. (55)

11:00a

LES MILLS
BODYBALANCE
Jeannie (55)

YOGA
Paula (45)

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

HOT
VINYASA
Elsie (60)

AFTERNOON

4:30p

PILOXING
Barbara (55)

PILATES
Jane (55)

BARRELATES
Jane (55)

5:30p

TOTAL BARRE
Alt (55)

TOTAL BARRE
Marie (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)

