

2025



*January*

CYCLE | GROUP EXERCISE | ZEN  
RESULTS | PUSH

SWIPE FOR TIMES »

# EFC JANUARY 2025 SCHEDULE



## CYCLE STUDIO

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY

### MORNING

5:30a					 <b>CYCLE</b> Jennifer (45)	
9:00a	 <b>CYCLE</b> Cynthia (45)	 <b>CYCLE</b> Amber (45)	 <b>CYCLE</b> Kelly J. (30)	 <b>CYCLE</b> Tanya (45)	 <b>CYCLE</b> Cynthia (45)	<b>LES MILLS</b> <b>RPM</b> Marcy / Jennifer S. (45)
10:00a						CYCLE / RPM Mackenzie / Cynthia (45)

### AFTERNOON

5:30p	 <b>CYCLE</b> Susan (45)		 <b>CYCLE</b> Kim (30)



# EFC JANUARY 2025 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 ZUMBA** **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**  
Tamika (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

**HIP HOP DANCE**  
Nijya (55)

**ZUMBA**  
Alfred (55)

**ZUMBA**  
Angie (55)



# EFC JANUARY 2025 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  
Rachel (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)

bootybarre  
Jane (55)

VINYASA  
FLOW  
Nanani (55)

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

11:00a

LES MILLS  
**BODYBALANCE**  
Jeannie (55)

YOGA  
Paula (45)

S-T-R-E-T-C-H  
& RELAX  
Jane (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  
Maria (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 JANUARY 2025 SCHEDULE

# RESULTS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>						
5:45a	<b>HIIT</b> Jermel (40)		<b>HIIT</b> Jovonna (40)		<b>HIIT</b> Libby (40)	
8:00a	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Catherine (60)	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Mary (60) <b>THE PLAYGROUND</b> Kim J (60)
9:00a	<b>BOOTCAMP</b> Catherine (60)	<b>BOOTCAMP</b> Mary (60) <b>THE PLAYGROUND</b> Kim J (60)	<b>BOOTCAMP</b> Catherine (60)	<b>BOOTCAMP</b> Catherine (60) <b>THE PLAYGROUND</b> Kim J (60)	<b>THE PLAYGROUND</b> Kim J (60)	<b>HIIT</b> Kari (60)
10:00a			Foam Rolling Catherine (60)			<b>TABATA BOOTCAMP</b> Alt. (60)
<b>EVENING</b>						
4:00p						
4:30p	<b>TABATA BOOTCAMP</b> Sohailla (45)		<b>BOOTCAMP</b> Kari (60)			
5:00p						
5:30p	<b>BOOTCAMP</b> Jermel (60)	<b>BOOTCAMP</b> Jermel (60)	<b>BOOTCAMP</b> Jermel (60)	<b>BOOTCAMP</b> Jermel (60)		



# EFC JANUARY 2025 SCHEDULE

## PUSH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>							
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 Dana (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)				
<b>EVENING</b>							
3:00p							•• push fitness zone Alt (60)
5:00p	•• push fitness zone Sareena (60)		•• push fitness zone Kelly (60)				
5:30p		•• push fitness zone Kari (60)		•• push fitness zone Sareena (60)			
6:00p	•• push fitness zone Kari (60)		•• push fitness zone Amanda (60)				