



MARCH







2025

CYCLE | GROUP EXERCISE | ZEN
RESULTS | PUSH

SWIPE FOR TIMES »

EFC MARCH 2025 SCHEDULE

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
5:30a					 CYCLE Jennifer (45)		
9:00a	 CYCLE Cynthia (45)	 CYCLE Amber (45)	 CYCLE Kelly J. (30)	 CYCLE Tanya (45)	 CYCLE Cynthia (45)	LES MILLS RPM Marcy / Jennifer S. (45)	
10:00a							CYCLE / RPM Mackenzie / Cynthia (45)

	AFTERNOON			
5:30p	 CYCLE Susan (45)	 CYCLE Kim (45)		 CYCLE Kim (45)



EFC MARCH 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
AEROBICS**
Janie (55)

**LES MILLS
BODYPUMP**
Emily (55)

**LES MILLS
BODYCOMBAT**
Lara (55)

WERQ **LES MILLS
BODYJAM**
ZUMBA **HIGH AEROBICS**
(Alternating Classes)

10:00a

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

WERQ
Nanani (55)

**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 (60)

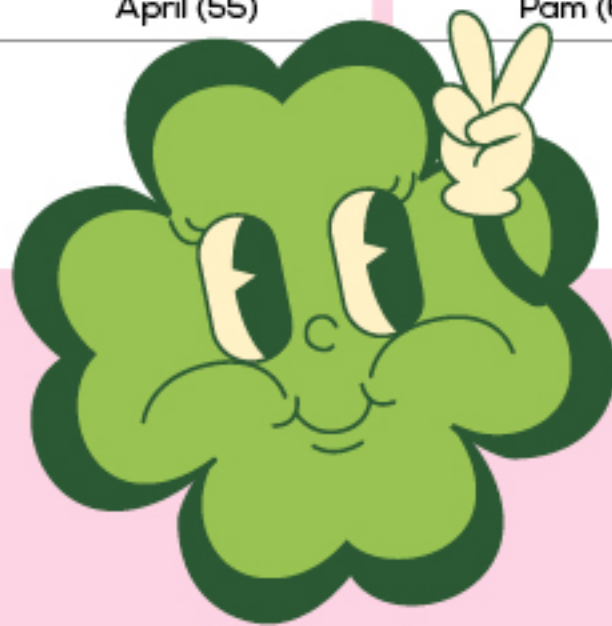
**LES MILLS
BODYCOMBAT**
Andria (45)

**LES MILLS
BODYPUMP**
Dana (45)

6:30p

ZUMBA
Alfred (55)

ZUMBA
Angie (55)



EFC MARCH 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. (55)

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)

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

PILATES
Jane (55)

BARRELATES
Jane (55)

5:30p

BARRE BOOTCAMP
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 MARCH 2025 SCHEDULE

RESULTS

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



EFC MARCH 2025 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)			
8:30a						•• push fitness zone Atl (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 Atl (60)	
10:15a	•• push fitness zone Tiffany (60)		•• push fitness zone Tiffany (60)				
EVENING							
3:00p							•• push fitness zone Atl (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)				

