



CYCLE | GROUP EXERCISE | ZEN  
RESULTS | PUSH

SWIPE FOR TIMES >>

# EFC JUNE 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)

10:00a

CYCLE / RPM  
Mackenzie /  
Cynthia (45)

### AFTERNOON

5:30p



**CYCLE**  
Susan (45)



**CYCLE**  
Kim (45)



# EFC JUNE 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  
ZUMBA** **LES MILLS  
BODYJAM**  
HIGH AEROBICS  
(Alternating Classes)

10:00a

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

**ZUMBA**  
Dylan (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)

**ZUMBA**  
Gwen (55)

**LES MILLS  
BODYCOMBAT**  
Andria (45)

**LES MILLS  
BODYPUMP**  
Dana (45)

6:30p

**ZUMBA**  
Nassab (55)

**ZUMBA**  
Angie (55)



# EFC JUNE 2025 SCHEDULE

## ZEN STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### MORNING

5:30a

FIRE  
AND FLOW  
Diana E. (60)

FIRE  
AND FLOW  
Diana E. (60)

FIRE  
AND FLOW  
Diana E. (60)

FIRE  
AND FLOW  
Diana E. (60)

FIRE  
AND FLOW  
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  
Kathy (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  
Diane (55)

HOT  
VINYASA  
Elsie (60)

12:00p

YIN YOGA  
Diane (60)

12:30p

HOT  
VINYASA  
Elsie (60)

### AFTERNOON

4:30p

PILATES  
Jane (55)

5:30p

TOTAL BARRE  
Maria (55)

6:00p

YOGA  
Tacha (55)

HOT VINYASA  
Diane (60)

YOGA  
Grace (55)

7:00p

HOT POWER  
YOGA  
Diane (60)

HOT YOGA  
Pervin (60)

HOT VINYASA  
Diane (60)

HOT YOGA  
Pervin (60)



# EFC JUNE 2025 SCHEDULE

## RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### MORNING

 **HIIT**

Jermel (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**

Kim (60)

 **BOOTCAMP**

Kim (60)

Foam Rolling

Catherine (30)

 **BOOTCAMP**

Kim (60)

 **BOOTCAMP**

Mary (60)

 **TABATA  
BOOTCAMP**

Alt. (60)

### EVENING

4:00p

4:30p

5:00p

5:30p

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)



# EFC JUNE 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  
Mary (60)

### EVENING

3:00p

••push  
fitness zone  
Atl (60)

5:00p

••push  
fitness zone  
Sareena (60)

••push  
fitness zone  
Sung (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)



EFC JUNE 2025 SCHEDULE

# PILATES STUDIO

