



OCTOBER 2025

CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >>

EFC OCTOBER 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 Michelle (45)	 CYCLE Cynthia (45)		
10:00a							CYCLE / RPM Alt

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



EFC OCTOBER 2025 SCHEDULE

GROUP X STUDIO

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5:30a

5:45a

9:00a

10:00a

11:00a

11:15a

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING					
LES MILLS BODYPUMP Jennifer S. (55)		LES MILLS BODYPUMP Jennifer S. (55)			
	 HIIT Libby (40)		 HIIT Libby (40)		
LES MILLS BODYJAM Kim Jensen (55)	LES MILLS BODYPUMP Dana (55)	XTREME HIP HOP Tujuana (55)	LES MILLS BODYPUMP Emily (55)	LES MILLS BODYCOMBAT Michelle G. (55)	 LES MILLS BODYJAM HIGH AEROBICS (Alternating Classes)
LES MILLS BODYPUMP Megan A. (55)	MUSCLE WORKS Kelly Richardson (55)	LES MILLS BODYPUMP Janie (55)	MUSCLE & GROOVE Kelly Richardson (55)	LES MILLS BODYPUMP Megan (55)	LES MILLS BODYPUMP Alt (55)
ZUMBA® Tamika (55)	GLUTES & CORE BLAST Dianna J. (55)		 SIMPLYFIT Cynthia (45)	 WERQ Patrice (55)	ZUMBA® Alt. (55)
		ZUMBA® Angela. (55)			

AFTERNOON			
	LES MILLS BODYPUMP Megan (55)		LES MILLS BODYPUMP Dana (55)
LES MILLS BODYPUMP April (55)	ZUMBA® Gwen (55)	LES MILLS BODYCOMBAT Andria (45)	tone Nassab (55)
		ZUMBA® Nassab (55)	ZUMBA® Angie (55)



EFC OCTOBER 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 Dana (30)	SLOW FLOW VINYASA Andrea (55)	TOTAL BARRE Aubrie S. (55)	bootybarre Jane (55)	LES MILLS BODYBALANCE Emily (55)	LES MILLS BODYBALANCE Donna L. (55)	
11:00a	VINYASA FLOW Maria (55)		YOGA Jessica (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 OCTOBER 2025 SCHEDULE

RESULTS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING					
5:45a					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)	
10:00a		BOOTCAMP Kim (60)	Foam Rolling Catherine (30)	BOOTCAMP Kim (60)	BOOTCAMP Mary (60)	TABATA BOOTCAMP Alt. (60)

	EVENING			
4:00p				
4:30p			BOOTCAMP Kari (60)	
5:00p				
5:30p	BOOTCAMP Jermel (60)	BOOTCAMP Jermel (60)	BOOTCAMP Jermel (60)	BOOTCAMP Jermel (60)





EFC OCTOBER 2025 SCHEDULE

PUSH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
5:00a	 Mary (60)		 Mary (60)		 Mary (60)		
6:30a						 Mary (60)	
8:00a		 Kelly (60)		 Mary (60)			
8:30a						 Atl (60)	
9:00a	 Mary (60)		 Dana (60)		 Dana (60)		
9:15a		 Tujuana (60)		 Mary (60)			
10:00a						 Alt (60)	
10:15a	 Mary (60)						
	EVENING						
3:00p							 Alt (60)
5:00p	 Sareena (60)		 Sung (60)				
5:30p		 Kari (60)		 Sareena (60)			
6:00p	 Kari (60)		 Amanda (60)				



EFC OCTOBER 2025 SCHEDULE

PILATES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
6:30a	OPEN Janae (50)	OPEN Janae (50)	OPEN Nanani (50)	BEGINNER Nanani (50)			
7:30a	STRETCH Janae (50)	BEGINNER Janae (50)	BEGINNER Pamela (50)	STRETCH Emily (50)	OPEN Emily (50)	BEGINNER Atl (60)	
8:30a			BEGINNER Pamela (50)	BEGINNER Emily (50)	BEGINNER Blessie (50)		
9:00a						OPEN Atl (50)	
9:30a	OPEN Mimi (50)	OPEN Diana (50)	OPEN Pamela (50)	OPEN Blessie (50)	BEGINNER Blessie (50)		STRETCH Diana (50)
10:30a	BEGINNER Mimi (50)	BEGINNER Diana (50)	STRETCH Pamela (50)	BEGINNER Blessie (50)	OPEN Blessie (50)		OPEN Diana (50)
11:30a	OPEN Kristen (50)	STRETCH Diana (50)	BEGINNER Desiree (50)	STRETCH Blessie (50)			
	EVENING						
12:30p			BEGINNER Desiree (50)				
4:30p	BEGINNER Michelle (50)		BEGINNER Kisha (50)	BEGINNER Javi (50)	BEGINNER Javi (50)		
5:30p	BEGINNER Michelle (50)	STRETCH Nolia (50)	BEGINNER Kisha (50)	OPEN Javi (50)	STRETCH Javi (50)		
6:30p	STRETCH Michelle (50)	OPEN Nolia (50)	OPEN Kisha (50)	BEGINNER Javi (50)			
7:30p		BEGINNER Nolia (50)		OPEN Javi (50)			

