



# NOVEMBER 2025

CYCLE | GROUP EXERCISE  
ZEN | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >

# EFC NOVEMBER 2025 SCHEDULE

## CYCLE STUDIO

|        | MONDAY                                                                                                         | TUESDAY                                                                                                      | WEDNESDAY                                                                                                        | THURSDAY                                                                                                          | FRIDAY                                                                                                            | SATURDAY | SUNDAY             |
|--------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------|--------------------|
|        | MORNING                                                                                                        |                                                                                                              |                                                                                                                  |                                                                                                                   |                                                                                                                   |          |                    |
| 5:30a  |                                                                                                                |                                                                                                              |                                                                                                                  |                                                                                                                   |  <b>CYCLE</b><br>Jennifer (45) |          |                    |
| 9:00a  |  <b>CYCLE</b><br>Cynthia (45) |  <b>CYCLE</b><br>Amber (45) |  <b>CYCLE</b><br>Kelly J. (30) |  <b>CYCLE</b><br>Michelle (45) |  <b>CYCLE</b><br>Cynthia (45)  |          |                    |
| 10:00a |                                                                                                                |                                                                                                              |                                                                                                                  |                                                                                                                   |                                                                                                                   |          | CYCLE / RPM<br>Alt |

|       | AFTERNOON                                                                                                         |  |  |                                                                                                                |
|-------|-------------------------------------------------------------------------------------------------------------------|--|--|----------------------------------------------------------------------------------------------------------------|
| 5:30p |                                                                                                                   |  |  |  <b>CYCLE</b><br>Kim (45) |
| 5:45p |  <b>CYCLE</b><br>Michelle (45) |  |  |                                                                                                                |



# EFC NOVEMBER 2025 SCHEDULE

## GROUP X STUDIO

|        | MONDAY                                        | TUESDAY                                          | WEDNESDAY                                             | THURSDAY                                            | FRIDAY                                          | SATURDAY                                                                             |
|--------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------------|
|        | MORNING                                       |                                                  |                                                       |                                                     |                                                 |                                                                                      |
| 5:30a  | <b>LES MILLS BODYPUMP</b><br>Jennifer S. (55) |                                                  | <b>LES MILLS BODYPUMP</b><br>Jennifer S. (55)         |                                                     |                                                 |                                                                                      |
| 5:45a  |                                               | <b>HIIT</b><br>Libby (40)                        |                                                       | <b>HIIT</b><br>Libby (40)                           |                                                 |                                                                                      |
| 9:00a  | <b>LES MILLS BODYJAM</b><br>Kim Jensen (55)   | <b>LES MILLS BODYPUMP</b><br>Dana (55)           | <b>XTREME HIP HOP</b><br>STEP AEROBICS<br>Tujana (55) | <b>LES MILLS BODYPUMP</b><br>Emily (55)             | <b>LES MILLS BODYCOMBAT</b><br>Michelle G. (55) | <b>WERQ ZUMBA</b> <b>LES MILLS BODYJAM</b><br>HIGH AEROBICS<br>(Alternating Classes) |
| 10:00a | <b>LES MILLS BODYPUMP</b><br>Megan A. (55)    | <b>MUSCLE WORKS</b><br>Kelly Richardson (55)     | <b>LES MILLS BODYPUMP</b><br>Janie (55)               | <b>MUSCLE &amp; GROOVE</b><br>Kelly Richardson (55) | <b>LES MILLS BODYPUMP</b><br>Megan (55)         | <b>LES MILLS BODYPUMP</b><br>Alt (55)                                                |
| 11:00a | <b>ZUMBA</b><br>Tamika (55)                   | <b>GLUTES &amp; CORE BLAST</b><br>Dianna J. (55) |                                                       | <b>SIMPLY FIT</b><br>Cynthia (45)                   | <b>WERQ</b><br>Patrice (55)                     | <b>ZUMBA</b><br>Alt. (55)                                                            |
| 11:15a |                                               |                                                  | <b>ZUMBA</b><br>Angela. (55)                          |                                                     |                                                 |                                                                                      |
|        | AFTERNOON                                     |                                                  |                                                       |                                                     |                                                 |                                                                                      |
| 4:30p  |                                               | <b>LES MILLS BODYPUMP</b><br>Megan (55)          |                                                       | <b>LES MILLS BODYPUMP</b><br>Dana (55)              |                                                 |                                                                                      |
| 5:30p  | <b>LES MILLS BODYPUMP</b><br>April (55)       | <b>ZUMBA</b><br>Gwen (55)                        | <b>LES MILLS BODYCOMBAT</b><br>Andria (45)            | <b>GLUTES &amp; CORE BLAST</b><br>Dianna J. (55)    |                                                 |                                                                                      |
| 6:30p  |                                               |                                                  | <b>ZUMBA</b><br>Nassab (55)                           | <b>ZUMBA</b><br>Angie (55)                          |                                                 |                                                                                      |



# EFC NOVEMBER 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/Aubrie (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  
Diana E. (55)

YOGA  
Jessica (45)

S-T-R-E-T-C-H  
& RELAX  
Jane (55)

HOT  
VINYASA  
Diane (55)

HOT  
VINYASA  
Kelly J. (60)

12:00p

YIN YOGA  
Diane (60)

12:30p

HOT  
VINYASA  
Chyna/Kaitlin (60)

### AFTERNOON

4:30p

PILATES  
Jane (55)

5:30p

LES MILLS  
**CORE**  
Dana (30)

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 NOVEMBER 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 NOVEMBER 2025 SCHEDULE

# PUSH

|        | MONDAY                                 | TUESDAY                                | WEDNESDAY                             | THURSDAY                               | FRIDAY                              | SATURDAY                            | SUNDAY                             |
|--------|----------------------------------------|----------------------------------------|---------------------------------------|----------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
|        | MORNING                                |                                        |                                       |                                        |                                     |                                     |                                    |
| 5:00a  | ••push<br>fitness zone<br>Mary (60)    |                                        | ••push<br>fitness zone<br>Mary (60)   |                                        | ••push<br>fitness zone<br>Mary (60) |                                     |                                    |
| 6:30a  |                                        |                                        |                                       |                                        |                                     | ••push<br>fitness zone<br>Mary (60) |                                    |
| 8:00a  |                                        | ••push<br>fitness zone<br>Kelly (60)   |                                       | ••push<br>fitness zone<br>Mary (60)    |                                     |                                     |                                    |
| 8:30a  |                                        |                                        |                                       |                                        |                                     | ••push<br>fitness zone<br>Atl (60)  |                                    |
| 9:00a  | ••push<br>fitness zone<br>Mary (60)    |                                        | ••push<br>fitness zone<br>Dana (60)   |                                        | ••push<br>fitness zone<br>Dana (60) |                                     |                                    |
| 9:15a  |                                        | ••push<br>fitness zone<br>Tujuana (60) |                                       | ••push<br>fitness zone<br>Mary (60)    |                                     |                                     |                                    |
| 10:00a |                                        |                                        |                                       |                                        |                                     | ••push<br>fitness zone<br>Alt (60)  |                                    |
| 10:15a | ••push<br>fitness zone<br>Mary (60)    |                                        |                                       |                                        |                                     |                                     |                                    |
|        | EVENING                                |                                        |                                       |                                        |                                     |                                     |                                    |
| 3:00p  |                                        |                                        |                                       |                                        |                                     |                                     | ••push<br>fitness zone<br>Alt (60) |
| 5:00p  | ••push<br>fitness zone<br>Sareena (60) |                                        | ••push<br>fitness zone<br>Sung (60)   |                                        |                                     |                                     |                                    |
| 5:30p  |                                        | ••push<br>fitness zone<br>Kari (60)    |                                       | ••push<br>fitness zone<br>Sareena (60) |                                     |                                     |                                    |
| 6:00p  | ••push<br>fitness zone<br>Kari (60)    |                                        | ••push<br>fitness zone<br>Amanda (60) |                                        |                                     |                                     |                                    |

# EFC NOVEMBER 2025 SCHEDULE

# PILATES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MORNING

5:30a

6:30a

7:30a

8:30a

9:00a

9:30a

10:30a

11:30a

OPEN  
Nanani (50)

OPEN  
Janae (50)

STRETCH  
Janae (50)

OPEN  
Janae (50)

BEGINNER  
Janae (50)

OPEN  
Diana (50)

OPEN  
Mimi (50)

BEGINNER  
Mimi (50)

OPEN  
Kristen (50)

OPEN  
Pamela (50)

STRETCH  
Pamela (50)

BEGINNER  
Desiree (50)

BEGINNER  
Nanani (50)

STRETCH  
Emily (50)

BEGINNER  
Emily (50)

OPEN  
Blessie (50)

BEGINNER  
Blessie (50)

STRETCH  
Blessie (50)

BEGINNER  
Blessie (50)

BEGINNER  
Blessie (50)

OPEN  
Blessie (50)

BEGINNER  
Atl (60)

OPEN  
Atl (50)

STRETCH  
Diana (50)

10:00am

OPEN  
Diana (50)

## EVENING

12:30p

4:30p

5:30p

6:30p

7:30p

BEGINNER  
Kristen (50)

OPEN  
Kristen (50)

OPEN  
Kristen (50)

STRETCH  
Nolia (50)

OPEN  
Nolia (50)

BEGINNER  
Nolia (50)

BEGINNER  
Desiree (50)

BEGINNER  
Kisha (50)

BEGINNER  
Kisha (50)

OPEN  
Kisha (50)

OPEN  
Javi (50)

BEGINNER  
Javi (50)

OPEN  
Javi (50)

BEGINNER  
Javi (50)

STRETCH  
Javi (50)

