



December 2025

CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >



EFC DECEMBER 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



EFC DECEMBER 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 Dana (55)	XTREME HIP HOP STEP AEROBICS Tujuana (55)	LES MILLS BODYPUMP Emily (55)	LES MILLS BODYCOMBAT Michelle G. (55)	WERQ ZUMBA LES MILLS BODYJAM HIGH AEROBICS (Alternating Classes)
10:00a	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)
11:00a	ZUMBA Tamika (55)	GLUTES & CORE BLAST Dianna J. (55)		SIMPLYFIT Cynthia (45)	WERQ Zii (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)	GLUTES & CORE BLAST Dianna J. (55)		
6:30p			ZUMBA Nassab (55)	ZUMBA Angie (55)		





EFC DECEMBER 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)		SATTVA YIN FLOW 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		TOTAL BARRE Grace (55)					
6:00p	YOGA Tacha (55)		HOT VINYASA Diane (60)	SATTVA YIN FLOW Grace. (55)			
7:00p	HOT POWER YOGA Diane (60)	HOT YOGA Pervin (60)	HOT VINYASA Diane (60)	HOT YOGA Pervin (60)			




EFC DECEMBER 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 DECEMBER 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 DECEMBER 2025 SCHEDULE

Pilates

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a

OPEN
Nanani (50)

6:30a

OPEN
Janae (50)

OPEN
Janae (50)

BEGINNER
Nanani (50)

7:30a

STRETCH
Janae (50)

BEGINNER
Janae (50)

OPEN
Pamela (50)

STRETCH
Emily (50)

OPEN
Emily (50)

8:00am

BEGINNER
Atl (60)

8:30a

OPEN
Diana (50)

OPEN
Pamela (50)

BEGINNER
Emily (50)

BEGINNER
Blessie (50)

9:00a

OPEN
Atl (50)

STRETCH
Diana (50)

9:30a

OPEN
Mimi (50)

OPEN
Diana (50)

OPEN
Pamela (50)

OPEN
Blessie (50)

BEGINNER
Blessie (50)

10:00am

10:30a

BEGINNER
Mimi (50)

BEGINNER
Kim (50)

STRETCH
Pamela (50)

BEGINNER
Blessie (50)

OPEN
Blessie (50)

OPEN
Diana (50)

11:30a

OPEN
Kristen (50)

BEGINNER
Desiree (50)

STRETCH
Blessie (50)

EVENING

12:30p

BEGINNER
Desiree (50)

4:30p

BEGINNER
Kristen (50)

BEGINNER
Nolia (50)

BEGINNER
Javi (50)

5:30p

OPEN
Kristen (50)

STRETCH
Nolia (50)

BEGINNER
Nolia (50)

OPEN
Javi (50)

STRETCH
Javi (50)

6:30p

OPEN
Kristen (50)

OPEN
Nolia (50)

OPEN
Nolia (50)

BEGINNER
Javi (50)

7:30p

BEGINNER
Nolia (50)

OPEN
Javi (50)

