



January 2026

CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES



SWIPE FOR TIMES >



EFC JANUARY 2026 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 JANUARY 2026 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
Tjuana (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 JANUARY 2026 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 JANUARY 2026 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 JANUARY 2026 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)				



5:00a

6:30a

8:00a

8:30a

9:00a

9:15a

10:00a

10:15a

3:00p

5:00p

5:30p

6:00p

EFC JANUARY 2026 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)

