

Love at first set



FEBRUARY
2025

CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >



EFC FEBRUARY 2026 SCHEDULE

Cycle Studio

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

EFC FEBRUARY 2026 SCHEDULE

Group X Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING					
5:30a	LES MILLS BODYPUMP Jennifer S. (55)		LES MILLS BODYPUMP HEAVY 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 Tujana (55)	LES MILLS BODYPUMP HEAVY Emily (55)	LES MILLS BODYCOMBAT Michelle G. (55)	WERQ ZUMBA 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 HEAVY 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 FEBRUARY 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)

TOTAL BARRE
Aubrie S. (55)

YOGA
Jessica Y. (55)

TOTAL BARRE
Mary (55)

TOTAL BARRE
Mary/Aubrie (60)

TOTAL BARRE
Aubrie S. (55)

10:00a

bootybarre
& S-T-R-E-T-C-H
Aubrie S. (55)

SLOW FLOW
VINYASA
Andrea (55)

YOGA
Jessica (45)

bootybarre
Jane (55)

LES MILLS
BODYBALANCE
Emily (55)

LES MILLS
BODYBALANCE
Donna L. (55)

11:00a

VINYASA FLOW
Diana E. (55)

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)

SATTVA YIN
FLOW
Grace. (55)

6:00p

YOGA
Tacha (55)

HOT VINYASA
Diane (60)

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT VINYASA
Diane (60)

HOT YOGA
Pervin (60)



EFC FEBRUARY 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 Karlyn (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					
5:30p	 BOOTCAMP Jermel (60)	 BOOTCAMP Jermel (60)	 BOOTCAMP Jermel (60)	 BOOTCAMP Jermel (60)		





EFC FEBRUARY 2026 SCHEDULE

Push



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
Tujuana (60)

•• push
fitness zone
Mary (60)

10:00a

•• push
fitness zone
Alt (60)

10:15a

•• push
fitness zone
Mary (60)

EVENING

3:00p

•• push
fitness zone
Alt (60)

5:00p

•• push
fitness zone
Sareena (60)

5:30p

•• push
fitness zone
Kari (60)

•• push
fitness zone
Sung/Amanda (60)

•• push
fitness zone
Sareena (60)

6:00p

•• push
fitness zone
Kari (60)

EFC FEBRUARY 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)

