

CYCLE | GROUP EXERCISE  
ZEN | RESULTS | PUSH | PILATES



SWIPE FOR TIMES >

# EFC MARCH 2026 SCHEDULE

# CYCLE STUDIO

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



# EFC MARCH 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**  
Tujuana (55)

**LES MILLS  
BODYPUMP  
HEAVY**  
Emily (55)

**LES MILLS  
BODYCOMBAT**  
Michelle G. (55)

**LES MILLS  
BODYCOMBAT** **LES MILLS  
BODYJAM**  
(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)

6:30p

**ZUMBA**  
Nassab (55)

**ZUMBA**  
Angie (55)



# EFC MARCH 2026 SCHEDULE

# ZEN STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MORNING

5:30a

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)

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 MARCH 2026 SCHEDULE

# RESULTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MORNING</b>					
5:45a					<b>HIIT</b> Libby (40)	
8:00a	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Catherine (60)	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Mary (60)
9:00a	<b>BOOTCAMP</b> Catherine (60)	<b>BOOTCAMP</b> Mary (60)	<b>BOOTCAMP</b> Catherine (60)	<b>BOOTCAMP</b> Catherine (60)	<b>BOOTCAMP</b> Kim (60)	
10:00a		<b>BOOTCAMP</b> Kim (60)	Foam Rolling Catherine (30)	<b>BOOTCAMP</b> Kim (60)	<b>BOOTCAMP</b> Mary (60)	<b>TABATA BOOTCAMP</b> Alt. (60)
	<b>EVENING</b>					
5:30p	<b>BOOTCAMP</b> Jermel (60)	<b>BOOTCAMP</b> Jermel (60)	<b>BOOTCAMP</b> Jermel (60)	<b>BOOTCAMP</b> Jermel (60)		



# EFC MARCH 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 MARCH 2026 SCHEDULE

# PILATES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MORNING

5:30a

OPEN  
Nanani (50)

OPEN  
Nanani (50)

6:30a

OPEN  
Janae (50)

OPEN  
Janae (50)

7:30a

STRETCH  
Janae (50)

BEGINNER  
Janae (50)

OPEN  
Pamela (50)

STRETCH  
Emily (50)

OPEN  
Emily (50)

8:00am

8:30a

OPEN  
Diana (50)

OPEN  
Pamela (50)

BEGINNER  
Emily (50)

OPEN  
Blessie (50)

BEGINNER  
Atl (60)

9:00a

OPEN  
Atl (50)

OPEN  
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)

STRETCH  
Kim (50)

STRETCH  
Pamela (50)

BEGINNER  
Blessie (50)

OPEN  
Blessie (50)

OPEN  
Diana (50)

11:30a

OPEN  
Jane (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)

