

CLASS SCHEDULE

**APRIL
2026**







CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >

EFC APRIL 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 Cynthia (45) | | |
| 10:00a | | | | | | | CYCLE / RPM Alt |



EFC APRIL 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)

**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)

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)

AFTERNOON



EFC APRIL 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)

bootybarre
Jane (55)

LES MILLS
BODYBALANCE
Emily (55)

10:30am

HOT VINYASA
Diane (55)

11:00a

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

11:30am

YIN YOGA
Diane (60)

12:00p

12:30p

HOT VINYASA
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 APRIL 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

5:30p

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)



EFC APRIL 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)

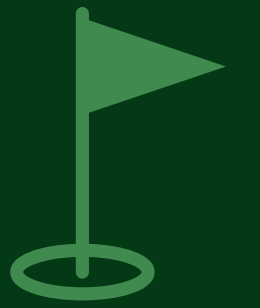
6:00p

•• push
fitness zone
Kari (60)



EFC APRIL 2026 SCHEDULE

PILATES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a

OPEN
Nanani (50)

OPEN
Nanani (50)

6:30a

OPEN
Pamela (50)

OPEN
Janae (50)

7:30a

STRETCH
Pamela (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)

OPEN
Jane (50)

9:00a

OPEN
Atl (50)

OPEN
Diana (50)

9:30a

OPEN
Mimi (50)

OPEN
Diana (50)

OPEN
Pamela (50)

OPEN
Kim (50)

BEGINNER
Jane (50)

10:00am

10:30a

BEGINNER
Mimi (50)

STRETCH
Kim (50)

STRETCH
Pamela (50)

BEGINNER
Kim (50)

OPEN
Jane (50)

OPEN
Diana (50)

11:30a

OPEN
Jane (50)

OPEN
Desiree (50)

STRETCH
Kim (50)

EVENING

12:30p

BEGINNER
Desiree (50)

4:30p

BEGINNER
Kristen (50)

BEGINNER
Nolia (50)

OPEN
Javi (50)

5:30p

OPEN
Kristen (50)

STRETCH
Nolia (50)

STRETCH
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)

