



# May Class Schedule

CYCLE | GROUP EXERCISE  
ZEN | RESULTS | PUSH | PILATES



**SWIPE FOR TIMES >**

# EFC MAY 2026 SCHEDULE





## Cycle Studio



5:30a

9:00a

10:00a

	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> Cynthia (45)		
10:00a							CYCLE / RPM Alt



# EFC MAY 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)

**LES MILLS**  
**BODYPUMP**

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**

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

**WERQ**

Andria (55)

**ZUMBA**

Angie (55)





# EFC MAY 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  
Samantha (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/Maria (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)

HOT VINYASA  
Kelly J. (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 MAY 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 MAY 2026 SCHEDULE

# Push



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>							
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)						
<b>EVENING</b>							
3:00p							•• push fitness zone Alt (60)
5:00p	•• push fitness zone Sareena (60)						
5:30p		•• push fitness zone Kari (60)		•• push fitness zone Sareena (60)			
6:00p	•• push fitness zone Kari (60)		•• push fitness zone Sung/Amanda (60)				

# EFC MAY 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)

JUMP BOARD  
Pamela (50)

STRETCH  
Emily (50)

OPEN  
Emily (50)

8:00am

8:30a

OPEN  
Diana (50)

OPEN  
Pamela (50)

BEGINNER  
Emily (50)

OPEN  
Jane (50)

BEGINNER  
Atl (60)

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)

