



CLASS SCHEDULE





JUNE  
2026



CYCLE | GROUP EXERCISE  
ZEN | RESULTS | PUSH | PILATES  
**SWIPE FOR TIMES >**

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



# EFC JUNE 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)

**LES MILLS  
BODYCOMBAT**  
Andria (45)

6:00p

**ZUMBA**  
Gwen (55)

6:30p

**WERQ**  
Andria (55)

**ZUMBA**  
Angie (55)



# EFC JUNE 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  
Mary (55)

YOGA  
Jessica Y. (55)

TOTAL BARRE  
Mary (55)

TOTAL BARRE  
Mary/Maria (60)

10:00a

**bootybarre**  
& S-T-R-E-T-C-H  
Catherine (55)

SLOW FLOW VINYASA  
Andrea (55)

**bootybarre**  
Jane (55)

**LES MILLS**  
**BODYBALANCE**  
Emily (55)

10:30am

HOT VINYASA  
Diane (55)

TOTAL BARRE  
Kelly J. (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 JUNE 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>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 JUNE 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 JUNE 2026 SCHEDULE

# Pilates



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MORNING

5:30a

6:30a

7:30a

8:30a

9:00a

9:30a

10:30a

11:30a

		OPEN Nanani (50)	OPEN Nanani (50)			
OPEN Pamela (50)	OPEN Kim (50)					
STRETCH Pamela (50)	BEGINNER Kim (50)	JUMP BOARD Pamela (50)	OPEN Emily (50)	OPEN Emily (50)	8:00am BEGINNER Atl (60)	
	OPEN Diana (50)	OPEN Pamela (50)	BEGINNER Emily (50)	OPEN Jane (50)		
					OPEN Atl (50)	OPEN Diana (50)
OPEN Mimi (50)	OPEN Diana (50)	JUMP BOARD Pamela (50)	OPEN Kim (50)	BEGINNER Jane (50)		10:00am OPEN Diana (50)
BEGINNER Mimi (50)	OPEN Kim (50)	STRETCH Pamela (50)	BEGINNER Kim (50)	OPEN Jane (50)		
OPEN Jane (50)		OPEN Desiree (50)	JUMP BOARD Kim (50)			

## EVENING

12:30p

4:30p

5:30p

6:30p

7:30p

BEGINNER Kristen (50)		BEGINNER Nolia (50)		OPEN Sung (50)
OPEN Kristen (50)	STRETCH Nolia (50)	STRETCH Nolia (50)	OPEN Javi (50)	STRETCH Sung (50)
OPEN Kristen (50)	OPEN Nolia (50)	OPEN Nolia (50)	BEGINNER Javi (50)	
	BEGINNER Nolia (50)		OPEN Javi (50)	

