



CLASS SCHEDULE
JULY 2026

CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >

EFC JULY 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 JULY 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

Tamika (55)

6:30p

 **WERQ**

Andria (55)

ZUMBA

Angie (55)



EFC JULY 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

HOT VINYASA
Kelly J. (60)

12:00p

YIN YOGA
Diane (60)

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 JULY 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)

**TABATA
BOOTCAMP**

Alt. (60)

EVENING

5:30p

BOOTCAMP

Jermel (60)

BOOTCAMP

Jermel (60)

BOOTCAMP

Jermel (60)

BOOTCAMP

Jermel (60)



EFC JULY 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
Sareena (60)

6:00p

•• push
fitness zone
Kari (60)

•• push
fitness zone
Sung/Amanda (60)

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

