



CLASS SCHEDULE

AUGUST
2026

CYCLE | GROUP exercise
zen | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >

≡FC AUGUST 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 AUGUST 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)



≡FC AUGUST 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	VINYASA FLOW Samantha (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 AUGUST 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 AUGUST 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 AUGUST 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
Pamela (50)

STRETCH
Pamela (50)

OPEN
Kim (50)

BEGINNER
Kim (50)

OPEN
Diana (50)

JUMP BOARD
Pamela (50)

OPEN
Pamela (50)

JUMP BOARD
Pamela (50)

STRETCH
Pamela (50)

OPEN
Desiree (50)

OPEN
Nanani (50)

OPEN
Pamela (50)

JUMP BOARD
Pamela (50)

OPEN
Kim (50)

BEGINNER
Kim (50)

JUMP BOARD
Kim (50)

OPEN
Diana (50)

OPEN
Jane (50)

BEGINNER
Jane (50)

OPEN
Jane (50)

8:00am

BEGINNER
Atl (60)

OPEN
Atl (50)

OPEN
Diana (50)

10:00am

OPEN
Diana (50)

EVENING

12:30p

4:30p

5:30p

6:30p

7:30p

BEGINNER
Kristen (50)

OPEN
Kristen (50)

OPEN
Kristen (50)

STRETCH
Nolia (50)

OPEN
Nolia (50)

BEGINNER
Nolia (50)

BEGINNER
Nolia (50)

STRETCH
Nolia (50)

OPEN
Nolia (50)

OPEN
Javi (50)

BEGINNER
Javi (50)

OPEN
Javi (50)

OPEN
Sung (50)

STRETCH
Sung (50)

