





# EFCX CLASS SCHEDULES – JUNE 2017

## Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
9:30am		<b>LES MILLS</b> <b>BODYPUMP</b> Dana (55)	Pilates Cynthia P. (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Amanda G. (55)		 Johanna (55)
10:30am	Yoga Andrea H. (55)	<b>LES MILLS</b> <b>BODYCOMBAT</b> Lara (55)	 Kim J. (55)	<b>LES MILLS</b> <b>BODYCOMBAT</b> Lara (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Marcy/Colby (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Elsie (55)
<b>EVENING</b>						
5:30pm	<b>LES MILLS</b> <b>BODYPUMP</b> Emily M. (55)	 Johanna (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Emily M. (55)	 Nassab (55)		
6:30pm	Dance Fitness Nanani (55)		<b>LES MILLS</b> <b>BODYSTEP</b> ATHLETIC Megan (55)			