





EFCX CLASS SCHEDULES – OCTOBER 2017

Group Ex Studio

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

