





# EFCX CLASS SCHEDULES – DECEMBER 2017

## Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
9:30am	<b>LES MILLS</b> <b>BODYATTACK</b> Johanna (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Dana (55)	Pilates Jeannie (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Amanda (55)		 Angie (55)
10:30am	Yoga Andrea H. (55)	<b>LES MILLS</b> <b>BODYCOMBAT</b> Lara (55)	 Verna (55)	<b>LES MILLS</b> <b>BODYCOMBAT</b> Lara (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Johanna/Colby (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Elsie (55)
<b>EVENING</b>						
5:30pm	<b>LES MILLS</b> <b>BODYPUMP</b> Dana (55)	 Nassab (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Jennifer (55)	 Angie (55)		
6:30pm	Dance Fitness Nanani (55)					

