





EFCX CLASS SCHEDULES – JANUARY 2018

Group Ex Studio

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

