





EFCX CLASS SCHEDULES – MARCH 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 BODYFLOW Amanda (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) | | |

