




# EFCX CLASS SCHEDULES – APRIL 2018

## Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
9:30am	Cardio Belly Dance Nassab (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Dana (55)	Pilates Jeannie (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Amanda (55)		
10:30am	Yoga Andrea (55)	<b>LES MILLS</b> <b>BODYCOMBAT</b> Lara (55)	 ZUMBA fitness Verna (55)	<b>LES MILLS</b> <b>BODYFLOW</b> Amanda (55)		
<b>EVENING</b>						
5:30pm	<b>LES MILLS</b> <b>BODYPUMP</b> Dana (55)	 ZUMBA fitness Nassab (55)	<b>LES MILLS</b> <b>BODYPUMP</b> Jennifer (55)	 ZUMBA fitness Angie (55)		

