



EFCX CLASS SCHEDULES - OCTOBER 2018

Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
9:30am	LES MILLS SH'BAM Stephanie (45)	LES MILLS BODYPUMP Kelsey (55)	Pilates Jeannie (55)	LES MILLS BODYPUMP Amanda (55)		
10:30am	Yoga Andrea (55)	LES MILLS BODYCOMBAT Lara (55)	 Fiolina (55)	LES MILLS BODYFLOW Amanda (55)		10:00am Boot Camp Mitch (60)
EVENING						
5:00pm					Boot Camp Mitch (60)	
5:30pm	LES MILLS BODYPUMP Jennifer (55)	LES MILLS SH'BAM Kellie (45)	LES MILLS BODYPUMP Kelsey (55)	 Angie (55)		
6:00pm	Boot Camp Mitch (60)	Boot Camp Mitch (60)	Boot Camp Mitch (60)	Boot Camp Mitch (60)		

EFCX CLASS SCHEDULES - OCTOBER 2018

