



EFCX CLASS SCHEDULES - SEPTEMBER 2018

Group Ex Studio

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