



# EFCX CLASS SCHEDULES – NOVEMBER 2018

## Group Ex Studio

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

