

EFC Class Schedule: Outdoors / **ZOOM** class schedule:

April 12th - April 17th

Day Time	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3
6 am	(40 min) Spin-Melissa	(40 min) Bootcamp - Courtne	(40 min) Spin-Melissa	(40min) Bands & Balance Jen	(40 min) Spin-Melissa	
7 am					(40 min) Spin Camp - Melissa	
8 am		(40min) Bands & Balance Jen	(40min) Rower/DB- Colby			(40 min) Spin-Melissa
9 am				(40 min) Pilates/Barre- Garnett		(40 min) Yoga- Constance
12 pm		(40 min) Pilates/Barre- Garnett	(30 min) Zoom -YOGA Erica ID: 948 6133 5305 Password: 558014	(40 min) Slow Flow Yoga ERICA		
4:30 pm	40 min) Abs, Butt Core Garnett	(40 min) Bootcamp Melissa	(40 min) Abs, Butt Core Melissa	(40 min) Body Circuit- Melissa		
4:30pm	Zoom: (30 min) Boxing Plus Workout Sheri ID: 885 890 2303					
5:00 pm			(40 min) Learn Frisbee Golf- Brandon			
5:30 pm		(40 min) Yoga - Melissa	(40 min) Barre/Pilates-Melissa	(40 min) Stress Release Yoga- Constance		

Make sure you look up on the screen when you are on the sign-up page to see the scroll of dates to pick from, signups open at 9 am the day before the class. Also look at "Location" to see if your instructor has specific instructions of location due to temperatures. Your class may take place inside. Here is the link for next week's classes: <https://www.signupgenius.com/go/70A054DA5AD22A5F58-412>