

## EFC Outside & LIVE classes

Time	Monday 6/8	Tuesday 6/9	Wednesday 6/10	Thursday 6/11	Friday 6/12	Saturday 6/13
6 am	(40min) Yoga - Constance	(40 min) Body weight Bootcamp -Courtne	(40 min) Strength -Matt	(40min) Bands and Balance Jen	Cardio -with Chelsea	
7 am	Strength- Ryan		Improvement by Movement - Brandon		Body Weight Workout -Jeff	
8 am	(40 min) Spin-Melissa	(40 min) Band & Balance - Jen		(40 min) Hodgepodge- Nehemiah		(40 min) Spin class Melissa
<b>10am</b> EFC LIVE Facebook	<b>Courtne</b>	<b>YOGA</b> <b>Melissa</b>	<b>Bootcamp</b> <b>Lisa</b>	<b>Friday Eve Workout</b> <b>Chelsea</b>	<b>Workout with</b> <b>Nehemiah</b>	9:00am Family Yoga Constance
Noon	(40 min) Hodgepodge- Courtne	(40 min) Yoga - Melissa	(40 min) Kettle bell Class Brandon	(20 min) AMRAP-Colby 12:30pm Fusion -Gwen	Yogalates with Melissa	
4:30 pm	(40 min) Abs, Butt Core - Megan	(40 min) Bootcamp-Lisa	(40 min) ABC -Megan	(40 min) Workout with -Jeff		
5:00 pm	(20 min) Ski Erg /DB-Brandon	5:20pm (20min) AMRAP - Matt		(20min) Rower/DB- Colby		
5:30 pm	(40 min) HITT workout-Wendy		(40 min) Strength-Ryan	(40 min) Family Yoga Constance		
5:40 pm	(20 min) Ski Erg /DB Brandon	(40 min) Yoga with Melissa	(40 min) Barre/Pilates Melissa	(20 min) Rower/DB- Colby		
6:00 pm		(20 min) AMRAP - Matt				