

E.C.F. January Class Schedule #508-947-0096 www.ecfgym.com

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM			Muscle Mix w/Jim				
5:45 AM		Group Cycling w/Michelle		Group Cycling w/Brian			
7:15AM						Group Cycling w/Brian	
8:15AM						Pilates Fusion Yoga w/Vicki	
8:30AM							Group Cycling w/Michelle
9:15am						Zumba w/Liz or Julie	
9:30AM	Curcuit w/Amy	Group Cycling w/Brian	Barbell Burn w/Michelle	Core + w/Vicki	Zumba w/Liz	Kettlebell w/Jim	Barbell Burn w/Michelle
5:30PM	Zumba w/Liz	Kettlebell w/Jim	Hard-Core/ Kickboxing w/ Liz	Cardio Kickboxing w/Stacey Kettlebell w/Jim	Triple Threat Core/Bike//lift W/Brian		
5:45PM	Group Cycling w/Brian	Barbell Burn w/ Liz	Group Cycling w/Michelle				
6:00PM		Pilates Fusion Yoga w/Vicki					
6:45PM	Core Training w/Brian		Yoga (Hatha) w/Lisa \$5/Members \$10/Non	Group Cycling w/Amy			
7:00PM		Cardio Kickboxing W/Stacey					