

New Year Schedule
Monday - 1/2/2023
No 5 a.m. Classes
Classes resume 8:30 a.m.

**January 2023
Group X Schedule**
Director: Brandy Trahan

PLEASE BRING YOUR MAT TO CLASS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	LES MILLS BODYPUMP STUDIO 1 - CARLOS		LES MILLS BODYPUMP STUDIO 1 - CARLOS		LES MILLS BODYPUMP STUDIO 1 - JESSICA	
		LES MILLS RPM EXPRESS CYCLE ROOM - DEREK		LES MILLS Sprint CYCLE ROOM - DEREK		
8:30 a.m.	LES MILLS CORE STUDIO 1 - THERESA	ZUMBA STUDIO 1 - FRANCES	ZUMBA STUDIO 1 - FRANCES	ZUMBA STUDIO 1 - FRANCES	LES MILLS CORE STUDIO 1 - THERESA	
		LES MILLS Sprint CYCLE ROOM - MEAGAN		LES MILLS Sprint CYCLE ROOM - JESSICA		LES MILLS Sprint CYCLE ROOM - MEAGAN/JESSICA/TRACI
9:15 a.m.	Cycling45 CYCLE ROOM - MEAGAN		LES MILLS RPM CYCLE ROOM - BELLA		LES MILLS RPM CYCLE ROOM - KONNIE	
		LES MILLS BODYPUMP STUDIO 1 - BELLA	LES MILLS GRIT STUDIO 1 - TRACI	LES MILLS BODYPUMP STUDIO 1 - JESSICA		LES MILLS BODYPUMP STUDIO 1 - THERESA
9:30 a.m.	LES MILLS GRIT STUDIO 1 - TRACI	LES MILLS BODYPUMP STUDIO 1 - BELLA	LES MILLS GRIT STUDIO 1 - TRACI	LES MILLS BODYPUMP STUDIO 1 - JESSICA		LES MILLS BODYPUMP STUDIO 1 - THERESA
	BARRE above™ STUDIO 1 - REBEKAH		BARRE above™ STUDIO 1 - REBEKAH			
10:00 a.m.						
10:30a.m.						ZUMBA STUDIO 1 - FRANCES
4:30 p.m.	LES MILLS BODYATTACK STUDIO 1 - THERESA	LES MILLS CORE 45 STUDIO 1 - JESSICA	LES MILLS BODYATTACK STUDIO 1 - THERESA	LES MILLS CORE 45 STUDIO 1 - JESSICA		
	LES MILLS BODYPUMP STUDIO 1 - AARON	BODYBALANCE STUDIO 1 - ANNA	LES MILLS BODYPUMP STUDIO 1 - THERESA	BODYBALANCE STUDIO 1 - ANNA	ZUMBA STUDIO 1 - FRANCES	
5:30 p.m.	LES MILLS Sprint CYCLE ROOM - KONNIE			LES MILLS Sprint CYCLE ROOM - CARLOS		
	ZUMBA STUDIO 1 - CRYSTAL	ZUMBA STUDIO 1 - FRANCES	ZUMBA STUDIO 1 - CRYSTAL	ZUMBA STUDIO 1 - CRYSTAL		
6:45 p.m.						
7:30 p.m.	YOGA STUDIO 1 - PATRICK		YOGA STUDIO 1 - PATRICK			