



**Beaumont**  
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# May 2023

## Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	<b>LES MILLS BODYPUMP</b> STUDIO 1 - CARLOS		<b>LES MILLS BODYPUMP</b> STUDIO 1 - CARLOS		<b>LES MILLS BODYPUMP</b> STUDIO 1 - JESSICA	
		<b>LES MILLS RPM EXPRESS</b> CYCLE ROOM - DEREK		<b>LES MILLS sprint</b> CYCLE ROOM - DEREK	<b>Cycling30</b> CYCLE ROOM - DEREK	
8:30 a.m.	<b>LES MILLS CORE</b> STUDIO 1 - THERESA	<b>ZUMBA</b> STUDIO 1 - FRANCES	<b>ZUMBA</b> STUDIO 1 - FRANCES	<b>ZUMBA</b> STUDIO 1 - FRANCES	<b>LES MILLS CORE</b> STUDIO 1 - THERESA	
8:45 a.m.		<b>LES MILLS sprint</b> CYCLE ROOM - MEAGAN		<b>LES MILLS sprint</b> CYCLE ROOM - JESSICA		<b>LES MILLS sprint</b> CYCLE ROOM - MEAGAN/JESSICA/TRACI
9:05 a.m.	<b>LES MILLS GRIT</b> STUDIO 1 - TRACI				<b>LES MILLS GRIT</b> STUDIO 1 - TRACI	
9:15 a.m.	<b>Cycling45</b> CYCLE ROOM - MEAGAN		<b>LES MILLS RPM</b> CYCLE ROOM - BELLA		<b>LES MILLS RPM</b> CYCLE ROOM - KONNIE	
9:30 a.m.		<b>LES MILLS BODYPUMP</b> STUDIO 1 - BELLA		<b>LES MILLS BODYPUMP</b> STUDIO 1 - JESSICA		<b>LES MILLS BODYPUMP</b> STUDIO 1 - THERESA
9:40 a.m.	<b>BARRE above</b> STUDIO 1 - REBEKAH		<b>BARRE above</b> STUDIO 1 - REBEKAH		<b>ZUMBA</b> STUDIO 1 - MARCOS	
10:30a.m.						<b>ZUMBA</b> STUDIO 1 - FRANCES
5:00 p.m.	<b>LES MILLS BODYATTACK 30'</b> STUDIO 1 - THERESA	<b>LES MILLS CORE</b> STUDIO 1 - JESSICA	<b>LES MILLS BODYATTACK 30'</b> STUDIO 1 - THERESA	<b>LES MILLS CORE</b> STUDIO 1 - JESSICA		
5:30 p.m.	<b>LES MILLS BODYPUMP</b> STUDIO 1 - AARON	<b>BODYBALANCE</b> STUDIO 1 - ANNA	<b>LES MILLS BODYPUMP</b> STUDIO 1 - THERESA	<b>BODYBALANCE</b> STUDIO 1 - ANNA	<b>ZUMBA</b> STUDIO 1 - FRANCES	
	<b>LES MILLS sprint</b> CYCLE ROOM - KONNIE			<b>LES MILLS sprint</b> CYCLE ROOM - CARLOS		
6:45 p.m.	<b>ZUMBA</b> STUDIO 1 - CRYSTAL	<b>ZUMBA</b> STUDIO 1 - FRANCES	<b>ZUMBA</b> STUDIO 1 - CRYSTAL	<b>ZUMBA</b> STUDIO 1 - CRYSTAL		