

# May 2023 Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	CaRdiO MiX STUDIO 1 - HALEY	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - RENI	<b>Extreme30</b> STUDIO 1 - HALEY		<b>Extreme30</b> STUDIO 1 - HALEY	
				<b>LES MILLS</b> <b>BODYBALANCE</b> STUDIO 2 - ROCHELLE		
	<b>LES MILLS</b> <b>RPM</b> EXPRESS CYCLE ROOM - GRETCHEN		<b>LES MILLS</b> <b>sprint</b> CYCLE ROOM - GRETCHEN		<b>LES MILLS</b> <b>RPM</b> EXPRESS CYCLE ROOM - GRETCHEN	
8:30 a.m.	<b>LES MILLS</b> <b>tone</b> STUDIO 1 - MIKE	<b>LES MILLS</b> <b>BODYBALANCE</b> STUDIO 2 - MIKE	<b>M</b> <b>BLAST</b> STUDIO 1 - MIKE	<b>LES MILLS</b> <b>BODYBALANCE</b> STUDIO 2 - BRANDY	<b>LES MILLS</b> <b>tone</b> STUDIO 1 - MIKE	
9:00 a.m.	<b>LES MILLS</b> <b>RPM</b> EXPRESS CYCLE ROOM - ELLEN	<b>LES MILLS</b> <b>sprint</b> CYCLE ROOM - ELLEN	<b>LES MILLS</b> <b>RPM</b> EXPRESS CYCLE ROOM - ELLEN	<b>LES MILLS</b> <b>sprint</b> CYCLE ROOM - ELLEN	<b>LES MILLS</b> <b>RPM</b> EXPRESS CYCLE ROOM - BELLA	
9:30 a.m.	<b>M</b> <b>BLAST</b> STUDIO 1 - BRANDY	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - AMY	<b>LES MILLS</b> <b>tone</b> STUDIO 1 - BRANDY	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - AMY	<b>M</b> <b>BLAST</b> STUDIO 1 - BRANDY	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - CARLOS
	<b>CORE</b> STUDIO 2 - AMY	<b>ZUMBA</b> STUDIO 2 - RANDI	<b>CORE</b> STUDIO 2 - AMY	<b>ZUMBA</b> STUDIO 2 - PATTY	<b>CORE</b> STUDIO 2 - BELLA	<b>KiDz Fit</b> KIDS CLUB STAFF
4:30 p.m.	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - TONI	<b>M</b> <b>BLAST</b> STUDIO 1 - LORI	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - TONI	<b>M</b> <b>BLAST</b> STUDIO 1 - LORI		
5:30 p.m.	<b>LES MILLS</b> <b>GRIT</b> STUDIO 1 - ROCHELLE	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - RENI	<b>LES MILLS</b> <b>GRIT</b> STUDIO 1 - ROCHELLE	<b>LES MILLS</b> <b>BODYPUMP</b> STUDIO 1 - RENI		
	<b>LES MILLS</b> <b>sprint</b> CYCLE ROOM - GRETCHEN		<b>LES MILLS</b> <b>RPM</b> EXPRESS CYCLE ROOM - GRETCHEN			
6:00 p.m.		<b>YOGA</b> STUDIO 2 - SARAH		<b>YOGA</b> STUDIO 2 - SARAH		
6:30 p.m.	<b>M</b> <b>BLAST</b> STUDIO 1 - CARLOS		<b>LES MILLS</b> <b>tone</b> STUDIO 1 - CARLOS			
	<b>LES MILLS</b> <b>BODYBALANCE</b> STUDIO 2 - LORI		<b>LES MILLS</b> <b>BODYBALANCE</b> STUDIO 2 - LORI			
7:00 p.m.		<b>ZUMBA</b> STUDIO 1 - RANDI		<b>ZUMBA</b> STUDIO 1 - ARJAY		
7:30 p.m.			<b>ZUMBA</b> STUDIO 1 - DALILA			