

EXYGON

HEALTH AND FITNESS CLUB

Beaumont
866-CLUB
www.exygon.com

September 2023 Group X Schedule

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	Cycling30 CYCLE ROOM - DEREK	
8:30 a.m.	LES MILLS CORE STUDIO 1 - THERESA	ZUMBA STUDIO 1 - MARCOS		ZUMBA STUDIO 1 - RANDI	LES MILLS CORE STUDIO 1 - THERESA	
8:45 a.m.		LES MILLS sprint CYCLE ROOM - MEAGAN		LES MILLS sprint CYCLE ROOM - ELLEN		LES MILLS sprint CYCLE ROOM - MEAGAN/JESSICA/TRACI
9:05 a.m.	LES MILLS GRIT STUDIO 1 - TRACI		LES MILLS GRIT STUDIO 1 - TRACI			
9:15 a.m.	Cycling45 CYCLE ROOM - MEAGAN		LES MILLS RPM CYCLE ROOM - BELLA		LES MILLS RPM CYCLE ROOM - KONNIE	
9:30 a.m.		LES MILLS BODYPUMP STUDIO 1 - BELLA		LES MILLS BODYPUMP STUDIO 1 - BELLA		LES MILLS BODYPUMP STUDIO 1 - THERESA
9:40 a.m.	BARRE above STUDIO 1 - REBEKAH		BARRE above STUDIO 1 - REBEKAH		ZUMBA STUDIO 1 - MARCOS	
10:30a.m.						ZUMBA STUDIO 1 - MARCOS
5:00 p.m.	LES MILLS BODYATTACK 30' STUDIO 1 - THERESA	LES MILLS CORE STUDIO 1 - JESSICA	LES MILLS BODYATTACK 30' STUDIO 1 - THERESA	LES MILLS CORE STUDIO 1 - JESSICA		
5:30 p.m.	LES MILLS BODYPUMP STUDIO 1 - AARON	BODYBALANCE STUDIO 1 - ANNA	LES MILLS BODYPUMP STUDIO 1 - THERESA	BODYBALANCE STUDIO 1 - ANNA	ZUMBA STUDIO 1 - MARCOS	
	LES MILLS sprint CYCLE ROOM - KONNIE			LES MILLS sprint CYCLE ROOM - CARLOS		
6:45 p.m.	ZUMBA STUDIO 1 - CRYSTAL	ZUMBA STUDIO 1 - ROBIN	ZUMBA STUDIO 1 - CRYSTAL	ZUMBA STUDIO 1 - CRYSTAL		