

September 2023 Group X Schedule

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