



Mid-County  
729-CLUB  
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# MARCH 2024

## Group X Schedule

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