

APRIL 2024
Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	LES MILLS BODYPUMP STUDIO 1 - CARLOS	LES MILLS RPM EXPRESS CYCLE ROOM - DEREK	LES MILLS BODYPUMP STUDIO 1 - CARLOS	LES MILLS sprint CYCLE ROOM - DEREK		
8:30 a.m.	LES MILLS CORE STUDIO 1 - THERESA		LES MILLS CORE STUDIO 1 - BELLA		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
9:00 a.m.	Cycling45 CYCLE ROOM - MEAGAN		LES MILLS RPM EXPRESS CYCLE ROOM - BELLA		LES MILLS RPM CYCLE ROOM - KONNIE	
9:30 a.m.	M GROUP BLAST STUDIO 1 - BELLA	LES MILLS BODYPUMP STUDIO 1 - BELLA	M GROUP BLAST STUDIO 1 - MARLEE	LES MILLS BODYPUMP STUDIO 1 - BELLA	ZUMBA STUDIO 1 - PATTY	LES MILLS BODYPUMP STUDIO 1 - THERESA
10:30a.m.						LES MILLS BODYCOMBAT STUDIO 1 - AARON
5:00 p.m.	LES MILLS BODYCOMBAT 30' STUDIO 1 - AARON	LES MILLS CORE STUDIO 1 - JESSICA	LES MILLS BODYCOMBAT 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	<i>Fun Fit</i> STUDIO 1 - RANDI	
	LES MILLS sprint CYCLE ROOM - KONNIE			LES MILLS RPM EXPRESS CYCLE ROOM - CARLOS		
6:45 p.m.	ZUMBA STUDIO 1 - CRYSTAL	MIXEDFIT STUDIO 1 - TRINELL	ZUMBA STUDIO 1 - CRYSTAL	ZUMBA STUDIO 1 - CRYSTAL		