

**EXYGON**  
HEALTH AND FITNESS CLUB  
**Beaumont**  
**866-CLUB**

**MAY 2024**  
**Group X Schedule**

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