

APRIL 2026
Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	LES MILLS BODYPUMP HEAVY STUDIO 1 - CARLOS		LES MILLS BODYPUMP HEAVY STUDIO 1 - CARLOS	LES MILLS RPM EXPRESS CYCLE ROOM - DEREK		
8:30 a.m.	LES MILLS BODYBALANCE STUDIO 1 - THERESA					
8:45 a.m.		LES MILLS sprint CYCLE ROOM - MEAGAN		LES MILLS sprint CYCLE ROOM - ELLEN		LES MILLS sprint CYCLE ROOM - DEREK/MEAGAN
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	M GROUP BLAST STUDIO 1 - MARLEE	LES MILLS BODYPUMP HEAVY STUDIO 1 - THERESA
5:15 p.m.		LES MILLS CORE STUDIO 1 - KELLY		LES MILLS CORE STUDIO 1 - SHELLEY		
5:30 p.m.	LES MILLS sprint CYCLE ROOM - DEREK					
5:45 p.m.	LES MILLS BODYPUMP STUDIO 1 - THERESA	LES MILLS BODYBALANCE STUDIO 1 - ANNA	LES MILLS BODYPUMP STUDIO 1 - AARON	LES MILLS BODYBALANCE STUDIO 1 - THERESA		
6:45 p.m.	ZUMBA STUDIO 1 - CRYSTAL	MIXXEDFIT STUDIO 1 - JENNIFER	ZUMBA STUDIO 1 - CRYSTAL			
7:00 p.m.				ZUMBA STUDIO 1 - NELSI		

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