



Mid-County
729-CLUB

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APRIL 2026

Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	CARDIO MIX STUDIO 1 – HALEY	LES MILLS BODYPUMP STUDIO 1 – JAMIE	eXtreme30 STUDIO 1 – HALEY	LES MILLS BODYPUMP STUDIO 1 – KELLY	eXtreme30 STUDIO 1 – HALEY	
	LES MILLS RPM CYCLE ROOM – GRETCHEN		LES MILLS sprint CYCLE ROOM - GRETCHEN	LES MILLS BODYBALANCE STUDIO 2 - ROCHELLE	LES MILLS RPM CYCLE ROOM – GRETCHEN	
8:30 a.m.	LES MILLS tone STUDIO 1 – JAMIE	LES MILLS BODYBALANCE STUDIO 2 – MICHELLE	LES MILLS tone STUDIO 1 – JAMIE	LES MILLS BODYBALANCE STUDIO 2 - BRANDY	LES MILLS tone STUDIO 1 – KELLY	GROUP BLAST STUDIO 1 – TONI/RHONDA
	LES MILLS RPM CYCLE ROOM - ELLEN		LES MILLS RPM CYCLE ROOM - ELLEN		LES MILLS RPM CYCLE ROOM - BELLA	
9:30 a.m.	GROUP BLAST STUDIO 1 - BRANDY	LES MILLS BODYPUMP STUDIO 1 – AMY	GROUP BLAST STUDIO 1 - BRANDY	LES MILLS BODYPUMP STUDIO 1 – AMY	GROUP BLAST STUDIO 1 - BRANDY	LES MILLS BODYPUMP HEAVY STUDIO 1 - CARLOS
	LES MILLS CORE STUDIO 2 – AMY	LES MILLS ZUMBA STUDIO 2 - DALILA	LES MILLS CORE STUDIO 2 – AMY	LES MILLS ZUMBA STUDIO 2 – JASMINE	LES MILLS CORE STUDIO 2 - BELLA	
4:30 p.m.	LES MILLS BODYPUMP STUDIO 1 - TONI	GROUP BLAST STUDIO 1 - LORI	LES MILLS BODYPUMP STUDIO 1 - TONI	GROUP BLAST STUDIO 1 - LORI		
5:30 p.m.	LES MILLS BODYCOMBAT STUDIO 1 - ROCHELLE	LES MILLS BODYPUMP STUDIO 1 - RENI	LES MILLS BODYCOMBAT STUDIO 1 - ROCHELLE	LES MILLS BODYPUMP STUDIO 1 - RENI		
	LES MILLS RPM CYCLE ROOM - MICHELLE		LES MILLS RPM CYCLE ROOM - MICHELLE			
	LES MILLS ZUMBA STUDIO 2 - SALONI					
6:00 p.m.		YOGA STUDIO 2 – SALONI		YOGA STUDIO 2 – SALONI		
6:30 p.m.	GROUP BLAST STUDIO 1 - CARLOS		LES MILLS tone STUDIO 1 - CARLOS			
	LES MILLS BODYBALANCE STUDIO 2 - LORI		LES MILLS BODYBALANCE STUDIO 2 - LORI			