EXYGON
HEALTH AND FITNESS CLUB
Beaumont
409-866-CLUB
www.exygon.com

# NOVEMBER 2026
# Group X Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 5:00 a.m. | LesMills BODYPUMP HEAVY<br>STUDIO 1 - CARLOS | | LesMills BODYPUMP HEAVY<br>STUDIO 1 - CARLOS | LesMills RPM EXPRESS<br>CYCLE ROOM – DEREK | | |
| 8:30 a.m. | LesMills BODYBALANCE<br>STUDIO 1 - THERESA | | | | | |
| 8:45 a.m. | | LesMills sprint<br>CYCLE ROOM -MEAGAN | | LesMills sprint<br>CYCLE ROOM - ELLEN | | LesMills sprint<br>CYCLE ROOM - DEREK/MEAGAN |
| 9:00 a.m. | Cycling45<br>CYCLE ROOM – MEAGAN | | LesMills RPM EXPRESS<br>CYCLE ROOM - BELLA | | LesMills RPM<br>CYCLE ROOM - KONNIE | |
| 9:30 a.m. | GROUP BLAST<br>STUDIO 1 - BELLA | LesMills BODYPUMP HEAVY<br>STUDIO 1 - BELLA | GROUP BLAST<br>STUDIO 1 - BELLA | LesMills BODYPUMP<br>STUDIO 1 - BELLA | GROUP BLAST<br>STUDIO 1 – MARLEE | LesMills BODYPUMP HEAVY<br>STUDIO 1 – THERESA/SHELLEY |
| 5:30 p.m. | LesMills sprint<br>CYCLE ROOM – DEREK | | | | | |
| 5:45 p.m. | LesMills BODYPUMP<br>STUDIO 1 - THERESA | LesMills BODYBALANCE<br>STUDIO 1 – ANNA | LesMills BODYPUMP<br>STUDIO 1 – AARON | LesMills BODYBALANCE<br>STUDIO 1 – THERESA | | |
| 6:45 p.m. | ZUMBA<br>STUDIO 1 - CRYSTAL | MIXXEDFIT<br>STUDIO 1 – JENNIFER | ZUMBA<br>STUDIO 1 - CRYSTAL | ZUMBA<br>STUDIO 1 - ELIZA | | |

****PLEASE NOTE THE WEEK OF THANKSGIVING (11/23-11/28) WILL HAVE LIMITED CLASS SCHEDULE!**

MONDAY 11/23 REGULAR SCHEDULE
TUESDAY 11/24 NO 8:45 a.m. SPRINT
WEDNESDAY 11/25 9:30 GROUP BLAST ONLY
THURSDAY 11/26 CLOSED
FRIDAY 11/27 NO GROUPX
SATURDAY 11/28 9:30 BODYPUMP HEAVY ONLY