EXYGON
HEALTH AND FITNESS CLUB

Mid-County
729-CLUB
www.exygon.com

NOVEMBER 2026
Group X Schedule

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