

2024 OCTOBER GROUPX & SPIN 2024

PLEASE SEE BHC APP
FOR MOST ACCURATE SCHEDULE

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|---|---|--|---|---|--|---|
| | | <p>1 5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 8:30 SPIN (XP) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B 5:30 STRICTLY STRGTH ABBY 6:30 B-CAMP & BAG CHARLIE</p> | <p>2 5:45 SPIN & STRETCH LIZ 8 HATHA MICHAEL 9:30 SPIN (30/30) ANGIE 9:30 STRICTLY STRGTH ABBY 9:30 "SURF-BARRE" SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 6 SPIN B&B ADRIENNE 6:30 VINAYASA LAUREN</p> | <p>3 5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8/9:30 SURFSET (RUGGED) SHIRIN 9:30 3-2-1 ABBY 10:30 HATHA TERENCE 5:30 KB CRUSH LAURA 6:30 B-CAMP & BAG CHARLIE</p> | <p>4 5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:30 SPIN 30/30 SHIRIN 9 BIG GYM CIRCUIT ALLIE 9 CIRCUIT STRNGTH ANDY 10 RESTORATIVE YOGA ANDY</p> | <p>5 8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & PATTY 10 PILATES LAURA 10 GYM CIRCUITS AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN</p> |
| <p>6 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:1 HATHA/VIN CARYN 10 BOOTCAMP ABBY</p> | <p>7 5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 9:30 BIG GYM CIRCUIT JAY 10 RESTORATIVE YOGA ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI</p> | <p>8 5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 8:30 SPIN (XP) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 STRICTLY STRGTH ABBY 6:30 B-CAMP & BAG CHARLIE</p> | <p>9 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 SPIN (30/30) ANGIE 9:30 STRICTLY STRGTH ABBY 9:30 "SURF-BARRE" SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CAROLYN 5:30 PILATES SCULPT SHIRIN 6 SPIN B&B ADRIENNE 6:30 VINAYASA LAUREN</p> | <p>10 5:45 BOOTCAMP AMIRA 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFSET SHIRIN 9:30 3-2-1 ABBY 10:30 HATHA TERENCE 5:30 KB CRUSH JAY 6:30 B-CAMP & BAG CHARLIE</p> | <p>11 5:45 SPIN B&B CINDY 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:30 SPIN 30/30 SHIRIN 9 BIG GYM CIRCUIT ALLIE 9 CIRCUIT STRNGTH ANDY 10 RESTORATIVE YOGA ANDY</p> | <p>12 8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & PATTY 10 PILATES LAURA 10 GYM CIRCUITS AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN</p> |
| <p>13 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:1 HATHA/VIN CARYN 10 BOOTCAMP JAY</p> | <p>14 5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 9:30 BIG GYM CIRCUIT JAY 10 RESTORATIVE YOGA ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI</p> | <p>15 5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 8:30 SPIN (XP) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 STRICTLY STRGTH ABBY 6:30 B-CAMP & BAG CHARLIE</p> | <p>16 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 SPIN (30/30) ANGIE 9:30 STRICTLY STRGTH ABBY 9:30 "SURF-BARRE" SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 6 SPIN B&B ADRIENNE 6:30 VINAYASA LAUREN</p> | <p>17 5:45 BOOTCAMP AMIRA 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFSET SHIRIN 9:30 3-2-1 ABBY 10:30 HATHA TERENCE 5:30 KB CRUSH JAY 6:30 B-CAMP & BAG CHARLIE</p> | <p>18 5:45 SPIN B&B CINDY 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:30 SPIN 30/30 SHIRIN 9:30 BIG GYM CIRCUIT ALLIE 9 CIRCUIT STRNGTH ANDY 10 RESTORATIVE YOGA ANDY</p> | <p>19 8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & PATTY 10 PILATES LAURA 10 GYM CIRCUITS AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN</p> |
| <p>20 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:1 HATHA/VIN CARYN 10 BOOTCAMP (GYM) ABBY</p> | <p>21 5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) SHIRIN 9:30 BIG GYM CIRCUIT JAY 10 RESTORATIVE YOGA ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI</p> | <p>22 5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 8:30 SPIN (XP) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 STRICTLY STRGTH ABBY 6:30 B-CAMP & BAG CHARLIE</p> | <p>23 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 "SURF-BARRE" ALLIE 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 6 SPIN B&B ADRIENNE 6:30 VINAYASA LAUREN</p> | <p>24 5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFSET ALLIE 9:30 3-2-1 ABBY 10:30 HATHA TERENCE 5:30 KB CRUSH LAURA 6:30 B-CAMP & BAG CHARLIE</p> | <p>25 5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX LAURA 9:30 SPIN 30/30 ANGIE 9:30 BIG GYM CIRCUIT ALLIE 9 CIRCUIT STRNGTH ANDY 10 RESTORATIVE YOGA LAUREN</p> | <p>26 8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & WTS PATTY 10 PILATES MICHAEL 10 GYM CIRCUITS AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN</p> |
| <p>27 8 PILATES PATTI 9 SPIN (AT) ADRIENNE 10:1 HATHA/VIN CARYN 10 BOOTCAMP (GYM) LAURA</p> | <p>28 5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 9:30 BIG GYM CIRCUIT JAY 10 RESTORATIVE YOGA ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI</p> | <p>29 5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 8:30 SPIN (XP) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 STRICTLY STRGTH ABBY 6:30 B-CAMP & BAG CHARLIE</p> | <p>30 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 "SURF-BARRE" SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 6 SPIN B&B ADRIENNE 6:30 VINAYASA LAUREN</p> | <p>31 5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFSET SHIRIN 9:30 3-2-1 ABBY 10:30 HATHA TERENCE 5:30 KB CRUSH LAURA 6:30 B-CAMP & BAG CHARLIE</p> | | |