

# 2024 NOVEMBER

## GROUPX & SPIN 2024

PLEASE SEE BHC APP  
FOR MOST ACCURATE SCHEDULE

			1			2			3			1			2					
												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			8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS LPK 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN					
3			4			5			6			7			8			9		
8 PILATES AMIRA 9 SPIN (AT) SHIRIN 10:1 HATHA/VIN CARYN 10 BOOTCAMP ABBY			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			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			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 AMIRA 6 SPIN B&B ADRIENNE 6:30 VINAYASA LAUREN			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			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			8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS JAY 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN		
10			11			12			13			14			15			16		
8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:1 HATHA/VIN CAROLYN 10 BOOTCAMP ABBY			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			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			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			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			5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX LAURA 9:30 SPIN 30/30 AMY 9:30 BIG GYM CIRCUIT JAY 9 CIRCUIT STRNTH ANDY 10 RESTORATIVE YOGA ANDY			8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS LPK 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN		
17			18			19			20			21			22			23		
8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:1 HATHA/VIN CARYN 10 BOOTCAMP (GYM) ABBY			5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGELA 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			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			5:45 SPIN & STRETCH CINDY 8 HATHA CAROLYN 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 SHIRIN 6:30 VINAYASA LAUREN			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			5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:30 SPIN 30/30 SHIRIN 9:30 BIG GYM CIRCUIT ALLIE 9 CIRCUIT STRNTH ANGIE 10 RESTORATIVE YOGA LAUREN			8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & WTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS JAY 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN		
24			25			26			27			28			29			30		
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