

1			2			3			4			5			6			7		
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	5:45	BOOTCAMP	AMIRA	4	SPIN & STRETCH	LIZ	5:45	BOOTCAMP	LIZ	5:45	SPIN B&B	LIZ	8	HATHA	MICHAEL
9	SPIN (AT)	SHIRIN	9:15	CARDIO CORE CRUSH	ALLIE	6:30	ASHTANGA	MICHAEL	8	HATHA	MICHAEL	8:30	PILATES SCULPT	LAURA	7:45	HATHA	MICHAEL	9	SPINXL	ANGIE
10:15	HATHA/VIN	CARYN	9:30	SPIN XL (75)	ANGIE	8:30	PILATES SCULPT	LAURA	9:30	SPIN (30/30)	ANGIE	9:30	PILATES SCULPT	LAURA	8	EARLY BIRD BOX	SHIRIN	9	STEP & WEIGHTS	PATTY
10	BOOTCAMP	ABBY	10	BIG GYM CIRCUIT	JAY	8:30	SPIN (XP)	SHIRIN	9:30	STRICTLY STRGTH	ABBY	9:30	SPIN (30/30)	ANGIE	9:30	SPIN 30/30	SHIRIN	10	PILATES SCULPT	LAURA
			10	RESTORATIVE YOGA	TERENCE	9:30	SURFSET	SHIRIN	9:30	"SURF-BARRE"	SHIRIN	9:30	SURFSET	SHIRIN	9:30	3-2-1	ABBY	10	GYM CIRCUITS	LPK
			11	MUSCLE MAX LT	CARYN	9:30	BUILT	ALLIE	11	MUSCLE MAX LT	JAY	9:30	HATHA	TERENCE	9:30	BOOTCAMP	ALLIE	11	B-CAMP & BAG	CHARLIE
			4	RESTORATIVE YOGA	CARYN	10:30	YOGA BLEND	TERENCE	4	RESTORATIVE YOGA	CARYN	5:30	STRICTLY STRNGTH	LAURA	10	RESTORATIVE YOGA	ANDY	11	ZUMBA	LAUREN
			5:30	BUTTS & GUTS	ABBY	12	SPIN B&B	JOE	5:30	PILATES SCULPT	AMIRA	6:30	B-CAMP & BAG	CHARLIE						
			6	SPIN & STRETCH	NIKKI	5:30	STRICTLY STRGTH	ABBY	6	SPIN B&B	ADRIENNE									
						6:30	B-CAMP & BAG	CHARLIE	6:30	VINAYASA	LAUREN									

8			9			10			11			12			13			14		
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	5:45	BOOTCAMP	AMIRA	5:45	SPIN & STRETCH	CINDY	5:45	BOOTCAMP	LIZ	5:45	SPIN B&B	LIZ	8	HATHA	MICHAEL
9	SPIN (AT)	SHIRIN	9:15	CARDIO CORE CRUSH	ALLIE	6:30	ASHTANGA	CAROLYN	8	HATHA	SUE	8:30	PILATES SCULPT	LAURA	7:45	HATHA	MICHAEL	9	SPINXL	ANGIE
10:15	HATHA/VIN	CARYN	9:30	SPIN XL (75)	ANGIE	8:30	PILATES SCULPT	LAURA	9:30	SPIN (30/30)	ANGIE	9:30	SPIN (30/30)	ANGIE	8	EARLY BIRD BOX	SHIRIN	9	STEP & WEIGHTS	PATTY
10	BOOTCAMP	ABBY	9:30	BIG GYM CIRCUIT	LAURA	8:30	PILATES SCULPT	LAURA	9:30	STRICTLY STRGTH	ABBY	9:30	SPIN (30/30)	ANGIE	9:30	SPIN 30/30	SHIRIN	10	PILATES SCULPT	LAURA
			10	RESTORATIVE YOGA	TERENCE	9:30	SPIN (XP)	SHIRIN	9:30	"SURF-BARRE"	SHIRIN	9:30	SURFSET	SHIRIN	9:30	3-2-1	ABBY	10	GYM CIRCUITS	LPK
			11	MUSCLE MAX LT	CARYN	9:30	SURFSET	SHIRIN	11	MUSCLE MAX LT	LAURA	9:30	HATHA	TERENCE	9	BOOTCAMP	ALLIE	11	B-CAMP & BAG	CHARLIE
			4	RESTORATIVE YOGA	CARYN	10:30	BUILT	ALLIE	4	RESTORATIVE YOGA	CARYN	5:30	STRICTLY STRNGTH	LAURA	10	CIRCUIT STRNGTH	ANDY	11	ZUMBA	LAUREN
			5:30	BUTTS & GUTS	ABBY	12	YOGA BLEND	TERENCE	5:30	PILATES SCULPT	AMIRA	6:30	B-CAMP & BAG	CHARLIE						
			6	SPIN & STRETCH	NIKKI	5:30	SPIN B&B	JOE	6	SPIN B&B	SHIRIN									
						5:30	STRICTLY STRGTH	ABBY	6:30	VINAYASA	LAUREN									
						6:30	B-CAMP & BAG	CHARLIE												

15			16			17			18			19			20			21		
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	5:45	BOOTCAMP	AMIRA	5:45	SPIN & STRETCH	CINDY	5:45	BOOTCAMP	LIZ	5:45	SPIN B&B	LIZ	8	HATHA	MICHAEL
9	SPIN (AT)	SHIRIN	9:15	CARDIO CORE CRUSH	ALLIE	6:30	ASHTANGA	MICHAEL	8	HATHA	MICHAEL	8:30	PILATES SCULPT	LAURA	7:45	HATHA	MICHAEL	9	SPIN XL	ANGIE
10:15	HATHA/VIN	CARYN	9:30	SPIN XL (75)	ANGIE	8:30	PILATES SCULPT	MICHAEL	9:30	SPIN (30/30)	ANGIE	9:30	SPIN (30/30)	ANGIE	8	EARLY BIRD BOX	SHIRIN	9	STEP & WEIGHTS	PATTY
10	BOOTCAMP	ABBY	9:30	BIG GYM CIRCUIT	JAY	8:30	PILATES SCULPT	LAURA	9:30	STRICTLY STRGTH	ABBY	9:30	SPIN (30/30)	ANGIE	9:30	SPIN 30/30	SHIRIN	10	PILATES SCULPT	LAURA
			10	RESTORATIVE YOGA	TERENCE	8:30	PILATES SCULPT	LAURA	9:30	"SURF-BARRE"	SHIRIN	9:30	SURFSET	SHIRIN	9:30	3-2-1	ABBY	10	GYM CIRCUITS	JAY
			11	MUSCLE MAX LT	CARYN	9:30	SPIN (XP)	SHIRIN	11	MUSCLE MAX LT	JAY	9:30	HATHA	TERENCE	9:30	BOOTCAMP	ALLIE	11	B-CAMP & BAG	CHARLIE
			4	RESTORATIVE YOGA	CARYN	9:30	SURFSET	SHIRIN	4	RESTORATIVE YOGA	CARYN	5:30	STRICTLY STRNGTH	LAURA	10	CIRCUIT STRNTH	ANDY	11	ZUMBA	LAUREN
			5:30	BUTTS & GUTS	ABBY	10:30	BUILT	ALLIE	5:30	PILATES SCULPT	AMIRA	6:30	B-CAMP & BAG	CHARLIE						
			6	SPIN & STRETCH	NIKKI	12	YOGA BLEND	TERENCE	6	SPIN B&B	ADRIENNE									
						5:30	SPIN B&B	JOE	6:30	VINAYASA	LAUREN									
						5:30	STRICTLY STRGTH	ABBY												
						6:30	B-CAMP & BAG	CHARLIE												

22			23			24			25			26			27			28		
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	SPECIAL SCHEDULE			CLUB CLOSED			8:30	BOOTCAMP	LIZ	5:45	SPIN B&B	LIZ	8	HATHA	MICHAEL
9	SPIN (AT)	SHIRIN	9:15	CARDIO CORE CRUSH	ALLIE							9:30	PILATES SCULPT	LAURA	7:45	HATHA	MICHAEL	9	SPIN XL	ANGIE
10:15	HATHA/VIN	CARYN	9:30	SPIN XL (75)	ANGELA							9:30	SPIN (30/30)	ANGIE	8	EARLY BIRD BOX	SHIRIN	9	STEP & WTS	PATTY
10	BOOTCAMP (GYM)	AMIRA	9:30	BIG GYM CIRCUIT	CNCLD							9:30	SURFSET	SHIRIN	9:30	SPIN 30/30	SHIRIN	10	PILATES SCULPT	LAURA
			10	RESTORATIVE YOGA	TERENCE							9:30	3-2-1	AMIRA	9:30	BOOTCAMP	ALLIE	10	GYM CIRCUITS	JAY
			11	MUSCLE MAX LT	CARYN							10:30	HATHA	TERENCE	9	CIRCUIT STRNTH	ANDY	11	B-CAMP & BAG	CHARLIE
			4	RESTORATIVE YOGA	CARYN							5:30	STRICTLY ST	JAY	10	RESTORATIVE YOGA	LAUREN	11	ZUMBA	LAUREN
			5:30	BUTTS & GUTS	AMIRA							6:30	B-CAMP & BAG	CHARLIE						
			6	SPIN & STRETCH	ADRIENNE															

29			30			31														
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	SPECIAL SCHEDULE			SPECIAL SCHEDULE											
9	SPIN (AT)	SHIRIN	9:15	CARDIO CORE CRUSH	ALLIE															
10:15	HATHA/VIN	CARYN	9:30	SPIN XL (75)	ANGIE															
10	BOOTCAMP (GYM)	ABBY	9:30	BIG GYM CIRCUIT	CNCLD															
			10	RESTORATIVE YOGA	TERENCE															
			11	MUSCLE MAX LT	JAY															
			4	RESTORATIVE YOGA	SUE															
			5:15	BUTTS & GUTS	ABBY															
			6	SPIN & STRETCH	NIKKI															

2024 DECEMBER
GROUPX & SPIN 2024
PLEASE SEE BHC APP
FOR MOST ACCURATE SCHEDULE