

2025 JANUARY

GROUPX & SPIN PLEASE SEE BHC APP FOR MOST ACCURATE SCHEDULE

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