

# 2025 FEBRUARY

## GROUPX & SPIN PLEASE SEE

BHC APP  
FOR MOST ACCURATE SCHEDULE

1		
8	HATHA	MICHAEL
9	SPINXL	ANGIE
9	STEP & WEIGHTS	PATTY
10	PILATES SCULPT	LAURA
10	GYM CIRCUITS	LPK
11	B-CAMP & BAG	JAIME
11	ZUMBA	LAUREN

2		
8	PILATES	PATTI
9	SPIN (AT)	LIZ
10:15	HATHA/VIN	CARYN
10	BOOTCAMP	ABBY

3		
5:45	SPIN (B&B)	AMIRA
9	CARDIO CORE CRUSH	ALLIE
9:15	SPIN XL (75)	ANGIE
9:30	BIG GYM CIRCUIT	JAY
10	RESTORATIVE YOGA	TERENCE
11	MUSCLE MAX LT	CARYN
4	RESTORATIVE YOGA	CARYN
5:30	BUTTS & GUTS	ABBY
6	SPIN & STRETCH	NIKKI

4		
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		
5:45	SPIN & STRETCH	CINDY
8	HATHA	MICHAEL
9:30	SPIN (30/30)	ANGIE
9:30	STRICTLY STRGTH	ABBY
9:30	CARDIOBOX	SHIRIN
11	MUSCLE MAX LT	JAY
4	RESTORATIVE YOGA	CARYN
5:30	PILATES SCULPT	SHANIYA
6	SPIN B&B	ADRIENN
6:30	VINAYASA	LAUREN

6		
5:45	BOOTCAMP	LIZ
8:30	PILATES SCULPT	LAURA
9:30	SPIN (30/30)	ANGIE
9:30	SURFBARRE	SHIRIN
9:30	STRICTLY STRGTH	ABBY
5:30	KB CRUSH	LPK
6:30	B-CAMP & BAG	CHARLIE
6:30	VINYASA	TAYLOR

7		
5:45	SPIN B&B	LIZ
7:45	HATHA	MICHAEL
8	EARLY BIRD BOX	SHIRIN
9:30	SPIN 30/30	SHIRIN
9:30	BOOTCAMP	ALLIE
9	CIRCUIT STRNGTH	ANGIE
10	RESTORATIVE YOGA	MICHAEL

8		
8	HATHA	TAYLOR
9	SPINXL	ANGIE
9	STEP & WEIGHTS	PATTY
10	PILATES SCULPT	LAURA
10	GYM CIRCUITS	JAY
11	B-CAMP & BAG	CHARLIE
11	ZUMBA	LAUREN

9		
8	PILATES	PATTI
9	SPIN (AT)	SHIRIN
10:15	HATHA/VIN	CARYN
10	BOOTCAMP	ABBY

10		
5:45	SPIN (B&B)	AMIRA
9	CARDIO CORE CRUSH	ALLIE
9:15	SPIN XL (75)	ANGIE
9:30	BIG GYM CIRCUIT	JAY
9:30	VINYASA (STX)	ANA
10	RESTORATIVE YOGA	TERENCE
11	MUSCLE MAX LT	CARYN
4	RESTORATIVE YOGA	CARYN
5:30	BUTTS & GUTS	ABBY
6	SPIN & STRETCH	NIKKI

11		
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	MICHAEL
12	SPIN B&B	JOE
5:30	STRICTLY STRGTH	ABBY
6:30	B-CAMP & BAG	CHARLIE

12		
5:45	SPIN & STRETCH	CINDY
8	HATHA	MICHAEL
9:30	SPIN (30/30)	ANGIE
9:30	STRICTLY STRGTH	ABBY
9:30	CARDIO BOX	SHIRIN
11	MUSCLE MAX LT	JAY
4	RESTORATIVE YOGA	CARYN
5:30	PILATES SCULPT	SHANIYA
6	SPIN B&B	ADRIENN
6:30	VINAYASA	LAUREN

13		
5:45	BOOTCAMP	LIZ
8:30	PILATES SCULPT	LAURA
9:30	SPIN (30/30)	ANGIE
9:30	SURFBARRE	ALLIE
9:30	STRICTLY STRGTH	ABBY
5:30	KB CRUSH	LPK
6:30	VINYASA	TAYLOR
6:30	B-CAMP & BAG	CHARLIE

14		
5:45	SPIN B&B	LIZ
7:45	HATHA	MICHAEL
8	EARLY BIRD BOX	LPK
9:30	SPIN 30/30	AMY
9:30	BOOTCAMP	ALLIE
9	CIRCUIT STRNTH	ANDY
10	RESTORATIVE YOGA	ANDY

15		
8	HATHA	MICHAEL
9	SPINXL	ANGIE
9	STEP & WEIGHTS	ABBY
10	PILATES SCULPT	LAURA
10	GYM CIRCUITS	LPK
11	B-CAMP & BAG	CHARLIE
11	ZUMBA	LAUREN

16		
8	PILATES	PATTI
9	SPIN (AT)	ANGIE
10:15	HATHA/VIN	CARYN
10	BOOTCAMP	ABBY
	(GYM)	

17		
5:45	SPIN (B&B)	AMIRA
9	CARDIO CORE CRUSH	LPK
9:15	SPIN XL (75)	ANGELA
9:30	BIG GYM CIRCUIT	JAY
9:30	VINYASA (STX)	ANA
10	RESTORATIVE YOGA	TERENCE
11	MUSCLE MAX LT	CARYN
4	RESTORATIVE YOGA	CARYN
5:30	BUTTS & GUTS	ABBY
6	SPIN & STRETCH	NIKKI

18		
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	ABBY
10:30	YOGA BLEND	TERENCE
12	SPIN B&B	JOE
5:30	STRICTLY STRGTH	ABBY
6:30	B-CAMP & BAG	CHARLIE

19		
5:45	SPIN & STRETCH	CINDY
8	HATHA	ELLIE
9:30	SPIN (30/30)	ANGIE
9:30	STRICTLY STRGTH	ABBY
9:30	CARDIOBOX	SHIRIN
11	MUSCLE MAX LT	JAY
4	RESTORATIVE YOGA	CARYN
5:30	PILATES SCULPT	SHINAYA
6	SPIN B&B	SHIRIN
6:30	VINAYASA	LAUREN

20		
5:45	BOOTCAMP	LIZ
8:30	PILATES SCULPT	LAURA
9:30	SPIN (30/30)	ANGIE
9:30	SURFBARRE	SHIRIN
9:30	STRICTLY STRGTH	ABBY
5:30	KB CRUSH	LPK
6:30	B-CAMP & BAG	CHARLIE
6:30	VINYASA	TAYLOR

21		
5:45	SPIN B&B	LIZ
7:45	HATHA	MICHAEL
8	EARLY BIRD BOX	SHIRIN
9:30	SPIN 30/30	SHIRIN
9:30	BOOTCAMP	JAMIE
9	CIRCUIT STRNTH	AMIRA
10	RESTORATIVE YOGA	MICHAEL

22		
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

23		
8	PILATES	PATTI
9	SPIN (AT)	SHIRIN
10:15	HATHA/VIN	CARYN
10	BOOTCAMP	ABBY
	(GYM)	

24		
5:45	SPIN (B&B)	AMIRA
9	CARDIO CORE CRUSH	LPK
9:15	SPIN XL (75)	ANGIE
9:30	BIG GYM CIRCUIT	JAY
9:30	VINYASA (STX)	ANA
10	RESTORATIVE YOGA	TERENCE
11	MUSCLE MAX LT	CARYN
4	RESTORATIVE YOGA	CARYN
5:15	BUTTS & GUTS	ABBY
6	SPIN & STRETCH	NIKKI

25		
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

26		
5:45	SPIN & STRETCH	CINDY
8	HATHA	MICHAEL
9:30	SPIN (30/30)	ANGIE
9:30	STRICTLY STRGTH	ABBY
9:30	CARDIOBOX	SHIRIN
11	MUSCLE MAX LT	JAY
4	RESTORATIVE YOGA	CARYN
5:30	PILATES SCULPT	SHINAYA
6	SPIN B&B	ADRIENN
6:30	VINAYASA	LAUREN

27		
5:45	BOOTCAMP	AMIRA
8:30	PILATES SCULPT	LAURA
9:30	SPIN (30/30)	ANGIE
9:30	SURFBARRE	SHIRIN
9:30	STRICTLY STRGTH	ABBY
5:30	KB CRUSH	LPK
6:30	B-CAMP & BAG	CHARLIE
6:30	VINYASA	TAYLOR

28		
5:45	SPIN B&B	CINDY
7:45	HATHA	MICHAEL
8	EARLY BIRD BOX	SHIRIN
9:30	SPIN 30/30	SHIRIN
9:30	BOOTCAMP	ALLIE
9	CIRCUIT STRNTH	ANDY
10	RESTORATIVE YOGA	ANDY

29		
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