

# 2025 APRIL GROUPX & SPIN

PLEASE SEE BHC APP  
FOR MOST ACCURATE SCHEDULE

			<b>1</b> 5:45 <b>BOOTCAMP</b> AMIRA 8:30 <b>BALANCE (STX)</b> MICHAEL 8:30 <b>PILATES SCULPT</b> LAURA 8:30 <b>SPIN (XP)</b> SHIRIN 9:30 <b>SURFSET</b> SHIRIN 9:30 <b>BUILT</b> ALLIE 10:30 <b>YOGA BLEND</b> TERENCE 12 <b>SPIN B&amp;B</b> JOE 5:30 <b>STRICTLY STRGTH</b> ABBY 6:30 <b>B-CAMP &amp; BAG</b> CHARLIE	<b>2</b> 5:45 <b>SPIN &amp; STRETCH</b> CINDY 8 <b>HATHA</b> MICHAEL 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>STRICTLY STRGTH</b> ABBY 9:30 <b>CARDIOBOX</b> SHIRIN 11 <b>MUSCLE MAX LT</b> JAY 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>PILATES SCULPT</b> SHANIYA 6 <b>SPIN B&amp;B</b> ADRIENN 6:30 <b>VINAYASA</b> ANA	<b>3</b> 5:45 <b>BOOTCAMP</b> AMIRA 8:30 <b>PILATES SCULPT</b> LAURA 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>SURFBARRE</b> SHIRIN 9:30 <b>STRICTLY STRGTH</b> ABBY 5:30 <b>S STRENGTH</b> LPK 6:30 <b>B-CAMP &amp; BAG</b> CHARLIE 6:30 <b>VINYASA</b> TAYLOR	<b>4</b> 5:45 <b>SPIN B&amp;B</b> AMIRA 7:45 <b>HATHA</b> CARYN 8 <b>EARLY BIRD BOX</b> LPK 9:30 <b>SPIN 30/30</b> SHIRIN 9:30 <b>BOOTCAMP</b> ALLIE 9 <b>CIRCUIT STRNGTH</b> ANDY 10 <b>RESTORATIVE</b> ANDY	<b>5</b> 8 <b>HATHA</b> ELLIE 9 <b>SPINXL</b> ANGIE 9 <b>STEP &amp; WEIGHTS</b> PATTY 10 <b>PILATES SCULPT</b> LAURA 10 <b>GYM CIRCUITS</b> JAY 11 <b>B-CAMP &amp; BAG</b> JAMIE 11 <b>ZUMBA</b> LAUREN
<b>6</b> 8 <b>PILATES</b> PATTI 9 <b>SPIN (AT)</b> ANG 9 <b>THROWBACK AEOROBICS</b> LPK 10:15 <b>HATHA/VIN</b> CARYN 10 <b>BOOTCAMP</b> ABBY	<b>7</b> 5:45 <b>SPIN (B&amp;B)</b> AMIRA 9 <b>CARDIO CORE CRUSH</b> ALLIE 9:15 <b>SPIN XL (75)</b> SHIRIN 9:30 <b>BIG GYM CIRCUIT</b> JAY 9:30 <b>VINYASA (STX)</b> ANA 10 <b>RESTORATIVE YOGA</b> TERENCE 11 <b>MUSCLE MAX LT</b> CARYN 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>BUTTS &amp; GUTS</b> ABBY 6 <b>SPIN &amp; STRETCH</b> NIKKI	<b>8</b> 5:45 <b>BOOTCAMP</b> AMIRA 8:30 <b>BALANCE (STX)</b> MICHAEL 8:30 <b>PILATES SCULPT</b> LAURA 8:30 <b>SPIN (XP)</b> SHIRIN 9:30 <b>SURFSET</b> SHIRIN 9:30 <b>BUILT</b> ALLIE 10:30 <b>YOGA BLEND</b> TERENCE 12 <b>SPIN B&amp;B</b> JOE 5:30 <b>STRICTLY STRGTH</b> ABBY 6:30 <b>B-CAMP &amp; BAG</b> CNCLD	<b>9</b> 5:45 <b>SPIN &amp; STRETCH</b> CINDY 8 <b>HATHA</b> MICHAEL 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>STRICTLY STRGTH</b> ABBY 9:30 <b>CARDIOBOX</b> SHIRIN 11 <b>MUSCLE MAX LT</b> JAY 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>PILATES SCULPT</b> SHANIYA 6 <b>SPIN B&amp;B</b> ADRIENN 6:30 <b>VINAYASA</b> ANA	<b>10</b> 5:45 <b>BOOTCAMP</b> LIZ 8:30 <b>PILATES SCULPT</b> LAURA 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>SURFBARRE</b> SHIRIN 9:30 <b>STRICTLY STRGTH</b> ABBY 5:30 <b>S STRENGTH</b> LPK 6:30 <b>B-CAMP &amp; BAG</b> CHARLIE 6:30 <b>VINYASA</b> TAYLOR	<b>11</b> 5:45 <b>SPIN B&amp;B</b> LIZ 7:45 <b>HATHA</b> MICHAEL 8 <b>EARLY BIRD BOX</b> LPK 9:30 <b>SPIN 30/30</b> SHIRIN 9:30 <b>BOOTCAMP</b> ALLIE 9 <b>CIRCUIT STRNGTH</b> ANDY 10 <b>RESTORATIVE</b> ANDY	<b>12</b> 8 <b>HATHA</b> MICHAEL 9 <b>SPINXL</b> ANGIE 9 <b>STEP &amp; WEIGHTS</b> PATTY 10 <b>PILATES SCULPT</b> LAURA 10 <b>GYM CIRCUITS</b> LPK 11 <b>B-CAMP &amp; BAG</b> CHARLIE 11 <b>ZUMBA</b> LAUREN	
<b>13</b> 8 <b>PILATES</b> PATTI 9 <b>SPIN (AT)</b> SHIRIN 9 <b>THROWBACK AEOROBICS</b> LPK 10:15 <b>HATHA/VIN</b> CARYN 10 <b>BOOTCAMP (GYM)</b> ABBY	<b>14</b> 5:45 <b>SPIN (B&amp;B)</b> AMIRA 9 <b>CARDIO CORE CRUSH</b> ALLIE 9:15 <b>SPIN XL (75)</b> ANGIE 9:30 <b>BIG GYM CIRCUIT</b> JAY 9:30 <b>VINYASA (STX)</b> ANA 10 <b>RESTORATIVE YOGA</b> TERENCE 11 <b>MUSCLE MAX LT</b> CARYN 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>BUTTS &amp; GUTS</b> ABBY 6 <b>SPIN &amp; STRETCH</b> NIKKI	<b>15</b> 5:45 <b>BOOTCAMP</b> AMIRA 8:30 <b>BALANCE (STX)</b> MICHAEL 8:30 <b>PILATES SCULPT</b> LAURA 8:30 <b>SPIN (XP)</b> SHIRIN 9:30 <b>SURFSET</b> SHIRIN 9:30 <b>BUILT</b> ALLIE 10:30 <b>YOGA BLEND</b> TERENCE 12 <b>SPIN B&amp;B</b> JOE 5:30 <b>STRICTLY STRGTH</b> ABBY 6:30 <b>B-CAMP &amp; BAG</b> CHARLIE	<b>16</b> 5:45 <b>SPIN &amp; STRETCH</b> CINDY 8 <b>HATHA</b> MICHAEL 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>STRICTLY STRGTH</b> ABBY 9:30 <b>CARDIO BOX</b> SHIRIN 11 <b>MUSCLE MAX LT</b> JAY 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>PILATES SCULPT</b> SHANIYA 6 <b>SPIN B&amp;B</b> ADRIENN 6:30 <b>VINAYASA</b> ANA	<b>17</b> 5:45 <b>BOOTCAMP</b> LIZ 8:30 <b>PILATES SCULPT</b> LAURA 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>SURFBARRE</b> SHIRIN 9:30 <b>STRICTLY STRGTH</b> ABBY 5:30 <b>S STRENGTH</b> JAY 6:30 <b>B-CAMP &amp; BAG</b> TAYLOR 6:30 <b>VINYASA</b> CHARLIE	<b>18</b> 5:45 <b>SPIN B&amp;B</b> LIZ 7:45 <b>HATHA</b> MICHAEL 8 <b>EARLY BIRD BOX</b> LPK 9:30 <b>SPIN 30/30</b> SHIRIN 9:30 <b>BOOTCAMP</b> ALLIE 9 <b>CIRCUIT STRNTH</b> ANDY 10 <b>RESTORATIVE</b> ANDY	<b>19</b> 8 <b>HATHA</b> MICHAEL 9 <b>SPINXL</b> ANG 9 <b>STEP &amp; WEIGHTS</b> PATTY 10 <b>PILATES SCULPT</b> LAURA 10 <b>GYM CIRCUITS</b> JAY 11 <b>B-CAMP &amp; BAG</b> CHARLIE 11 <b>ZUMBA</b> LAUREN	
<b>20</b> 8 <b>PILATES</b> PATTI 9 <b>SPIN (AT)</b> AMIRA 9 <b>THROWBACK AEOROBICS</b> LPK 10:15 <b>HATHA/VIN</b> CARYN 10 <b>BOOTCAMP (GYM)</b> ABBY	<b>21</b> 5:45 <b>SPIN (B&amp;B)</b> AMIRA 9 <b>CARDIO CORE CRUSH</b> ALLIE 9:15 <b>SPIN XL (75)</b> ANGELA 9:30 <b>BIG GYM CIRCUIT</b> JAY 9:30 <b>VINYASA (STX)</b> ANA 10 <b>RESTORATIVE YOGA</b> TERENCE 11 <b>MUSCLE MAX LT</b> CARYN 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>BUTTS &amp; GUTS</b> ABBY 6 <b>SPIN &amp; STRETCH</b> NIKKI	<b>22</b> 5:45 <b>BOOTCAMP</b> AMIRA 8:30 <b>BALANCE (STX)</b> MICHAEL 8:30 <b>PILATES SCULPT</b> LAURA 8:30 <b>SPIN (XP)</b> SHIRIN 9:30 <b>SURFSET</b> SHIRIN 9:30 <b>BUILT</b> ALLIE 10:30 <b>YOGA BLEND</b> TERENCE 12 <b>SPIN B&amp;B</b> JOE 5:30 <b>STRICTLY STRGTH</b> ABBY 6:30 <b>B-CAMP &amp; BAG</b> CHARLIE	<b>23</b> 5:45 <b>SPIN &amp; STRETCH</b> CINDY 8 <b>HATHA</b> MICHAEL 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>STRICTLY STRGTH</b> ABBY 9:30 <b>CARDIOBOX</b> SHIRIN 11 <b>MUSCLE MAX LT</b> JAY 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>PILATES SCULPT</b> SHANIYA 6 <b>SPIN B&amp;B</b> ADRIENN 6:30 <b>VINAYASA</b> ANA	<b>24</b> 5:45 <b>BOOTCAMP</b> LIZ 8:30 <b>PILATES SCULPT</b> LAURA 9:30 <b>SPIN (30/30)</b> ANGIE 9:30 <b>SURFBARRE</b> SHIRIN 9:30 <b>STRICTLY STRGTH</b> ABBY 5:30 <b>S STRENGTH</b> JAY 6:30 <b>B-CAMP &amp; BAG</b> CHARLIE 6:30 <b>VINYASA</b> ANA	<b>25</b> 5:45 <b>SPIN B&amp;B</b> ADRIENNE 7:45 <b>HATHA</b> MICHAEL 8 <b>EARLY BIRD BOX</b> LPK 9:30 <b>SPIN 30/30</b> SHIRIN 9:30 <b>BOOTCAMP</b> ALLIE 9 <b>CIRCUIT STRNTH</b> ANDY 10 <b>RESTORATIVE</b> ANDY	<b>26</b> 8 <b>HATHA</b> MICHAEL 9 <b>SPIN XL</b> ANGIE 9 <b>STEP &amp; WTS</b> PATTY 10 <b>PILATES SCULPT</b> LAURA 10 <b>GYM CIRCUITS</b> LPK 11 <b>B-CAMP &amp; BAG</b> CHARLIE 11 <b>ZUMBA</b> LAUREN	
<b>27</b> 8 <b>PILATES</b> PATTI 9 <b>SPIN (AT)</b> SHIRIN 9 <b>THROWBACK AEOROBICS</b> LPK 10:15 <b>HATHA/VIN</b> CARYN 10 <b>BOOTCAMP (GYM)</b> ABBY	<b>28</b> 5:45 <b>SPIN (B&amp;B)</b> AMIRA 9 <b>CARDIO CORE CRUSH</b> ALLIE 9:15 <b>SPIN XL (75)</b> ANGIE 9:30 <b>BIG GYM CIRCUIT</b> JAY 9:30 <b>VINYASA (STX)</b> ANA 10 <b>RESTORATIVE YOGA</b> TERENCE 11 <b>MUSCLE MAX LT</b> CARYN 4 <b>RESTORATIVE YOGA</b> CARYN 5:15 <b>BUTTS &amp; GUTS</b> ABBY 6 <b>SPIN &amp; STRETCH</b> NIKKI	<b>29</b> 5:45 <b>BOOTCAMP</b> AMIRA 8:30 <b>BALANCE (STX)</b> MICHAEL 8:30 <b>PILATES SCULPT</b> LAURA 8:30 <b>SPIN (XP)</b> SHIRIN 9:30 <b>SURFSET</b> SHIRIN 9:30 <b>BUILT</b> ALLIE 10:30 <b>YOGA BLEND</b> TERENCE 12 <b>SPIN B&amp;B</b> JOE 5:30 <b>STRICTLY STRGTH</b> ABBY 6:30 <b>B-CAMP &amp; BAG</b> CHARLIE	<b>30</b> 5:45 <b>SPIN &amp; STRETCH</b> CINDY 8 <b>HATHA</b> MICHAEL 9:30 <b>SPIN (30/30)</b> ANG 9:30 <b>STRICTLY STRGTH</b> ABBY 9:30 <b>CARDIOBOX</b> SHIRIN 11 <b>MUSCLE MAX LT</b> JAY 4 <b>RESTORATIVE YOGA</b> CARYN 5:30 <b>PILATES SCULPT</b> SHINAYA 6 <b>SPIN B&amp;B</b> ADRIENN 6:30 <b>VINAYASA</b> ANA				<b>3/26/2025 8:32 AM</b>