

2025 MAY

GROUPX & SPIN

PLEASE SEE BHC APP
FOR MOST ACCURATE SCHEDULE

2025 MAY GROUPX & SPIN PLEASE SEE BHC APP FOR MOST ACCURATE SCHEDULE									1 5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFBARRE SHIRIN 9:30 STRICTLY STRGTH S STRENGTH ABBY 5:30 LPK 6:30 B-CAMP & BAG CHARLIE 6:30 VINYASA TAYLOR			2 5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 7:30 EARLY BIRD BOX LPK 9:30 SPIN 30/30 SHIRIN 9:30 BOOTCAMP ALLIE 9 CIRCUIR STRNGTH ANDY 10 RESTORATIVE ANDY			3 8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT AMIRA 10 GYM CIRCUITS JAY 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN					
4 8 PILATES AMIRA 9 SPIN (AT) SHIRIN 9 THROWBACK AEROBICS LPK 10:15 HATHA/VIN ELLIE 10 BOOTCAMP ABBY			5 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 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI			6 5:45 BOOTCAMP AMIRA 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT SHANIYA 8:30 SPIN (XP) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND TERENCE 5:30 STRICTLY STRGTH ABBY 6:30 B-CAMP & BAG CHARLIE			7 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 12 SPIN B&B JOE 4 RESTORATIVE YOGA CARYN 5:30 BARRE STRONG LPK 6 SPIN B&B ADRIENN 6:30 VINAYASA LAUREN			8 5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFBARRE SHIRIN 9:30 STRICTLY STRGTH ABBY 9:30 PILATES SCULPT SHANIYA 6:30 B-CAMP & BAG CHARLIE 6:30 VINYASA TAYLOR			9 5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 7:30 EARLY BIRD BOX LPK 9:30 SPIN 30/30 SHIRIN 9:30 BOOTCAMP ALLIE 9 CIRCUIR STRNGTH ANDY 10 RESTORATIVE ANDY			10 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		
11 8 PILATES PATTI 9 SPIN (AT) SHIRIN 9 THROWBACK AEROBICS CNCLD 10:15 HATHA/VIN CARYN 10 BOOTCAMP ABBY (GYM)			12 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			13 5:45 BOOTCAMP AMIRA 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 5:30 STRICTLY STRGTH ABBY 6:30 B-CAMP & BAG CHARLIE			14 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 12 SPIN B&B JOE 4 RESTORATIVE YOGA CARYN 5:30 BARRE STRONG LPK 6 SPIN B&B ADRIENN 6:30 VINAYASA LAUREN			15 5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 9:30 SURFBARRE SHIRIN 9:30 STRICTLY STRGTH ABBY 9:30 PILATES SCULPT SHANIYA 6:30 VINYASA TAYLOR B-CAMP & BAG CHARLIE			16 5:45 SPIN B&B LIZ 7:45 HATHA SUE 7:30 EARLY BIRD BOX LPK 9:30 SPIN 30/30 SHIRIN 9:30 BOOTCAMP ALLIE 9 CIRCUIR STRNTH ANDY 10 RESTORATIVE ANDY			17 8 HATHA MICHAEL 9 SPINXL ANG 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS JAMIE 11 B-CAMP & BAG JAMIE 11 ZUMBA LAUREN		
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