2025 AUGUST

GROUPX & SPIN

PLEASE SEE BHC APP
FOR MOST ACCURATE SCHEDULE

8/31																		1			2		
8	PILATES	PATTI																5:45	SPIN B&B	LIZ	8	HATHA	ELLIE
9	SPIN (AT)	AMIRA																7:45	HATHA	ELLIE	9	SPINXL	ANGIE
10:15	HATHA/VIN	CARYN																7:30	EARLY BIRD BOX	LPK	9	STEP & WEIGHTS	PATTY
10	BOOTCAMP	ABBY																9:30	SPIN 30/30	ANGIE	10	PILATES SCULPT	LAURA
																		9	CIRCUIT STRNTH	ANDY	10	BOOTCAMP	JAY
																		10	RESTORATIVE	ANDY	11	B-CAMP & BAG	CHARLIE
																					11	ZUMBA	LAUREN
3			4			5			6			7			8			9					
						5:45	BOOTCAMP	AMIRA															
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	8:30	BALANCE (STX)	JAY	5:45	SPIN & STRETCH	CINDY												
9	SPIN (AT)	SHIRIN	9	321	ANDY	8:30	PILATES SCULPT	LAURA	8	HATHA	ELLIE	5:45	BOOTCAMP	LIZ	5:45	SPIN B&B	LIZ	8	HATHA	ELLIE			
10:15	HATHA/VIN	CARYN	9:15	SPIN XL (75)	ANGIE	8:30	SPIN (XP)	SHIRIN	9:30	SPIN (30/30)	AMIRA	8:30	PILATES SCULPT	LAURA	7:45	HATHA	ELLIE	9	SPINXL	ANGIE			
10	BOOTCAMP	ABBY	10	RESTORATIVE	ANDY	9:30	SURFSET	SHIRIN	9:30	STRICTLY STRGTH	ABBY	8:30	SPIN 30/30	SHIRIN	7:30	EARLY BIRD BOX	LPK	9	STEP & WEIGHTS	PATTY			
			11	MUSCLE MAX LT	CARYN	9:30	BUILT	ALLIE	9:30	ULT STRENGTH	ALLIE	9:30	BUTTS & GUTS	ANG	9:30	SPIN 30/30	ANGIE	10	PILATES SCULPT	LAURA			
			4	MINDFUL MVMT	CARYN	10:30	YOGA BLEND	ELLIE	11	MUSCLE MAX LT	JAY	9:30	STRICTLY STRGTH	ABBY	9	CIRCUIT STRNTH	ANDY	10	BOOTCAMP	AMIRA			
			5:30	BUTTS & GUTS	ABBY	5:30	STRICTLY STRGTH	ABBY	12	SPIN B&B		5:30	PILATES//BARRE	SHIRIN	10	RESTORATIVE	ANDY	11	B-CAMP & BAG	CHARLIE			
			6	SPIN & STRETCH	NIKKI	6:30	B-CAMP & BAG	CHARLIE	4	RESTORATIVE YOGA	CARYN	6:30	B-CAMP & BAG	CHARLIE				11	ZUMBA	LAUREN			
									5:30	BARRE STRONG	LPK	6:30	VINYASA	TAYLOR									
									6	SPIN													
									6:30	VINAYASA	LAUREN												
10			11			12			13			14			15			16					
						5:45	BOOTCAMP	AMIRA	5:45	SPIN & STRETCH	CINDY												
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	8:30	BALANCE (STX)	SUE	8	HATHA	CLAIRE	5:45	BOOTCAMP	LIZ									
9	SPIN (AT)	SHIRIN	9	321	ANDY	8:30	PILATES SCULPT	LAURA	9:30	SPIN (30/30)	ANGIE	8:30	PILATES SCULPT	LAURA	5:45	SPIN B&B	LIZ	8	HATHA	TAYLOR			
10:15	HATHA/VIN	ELLIE	9:15	SPIN XL (75)	ANGIE	8:30	SPIN (XP)	SHIRIN	9:30	STRICTLY STRGTH	ABBY	8:30	SPIN 30/30	SHIRIN	7:45	HATHA	SUE	9	SPINXL	ANG			
10	BOOTCAMP	ALLIE	10	RESTORATIVE	ANDY	9:30	SURFSET	SHIRIN	9:30	ULT STRENGTH	ABBY	9:30	BUTTS & GUTS	ANG	7:30	EARLY BIRD BOX	LPK	9	STEP & WEIGHTS	PATTY			
			11	MUSCLE MAX LT	CARYN	9:30	BUILT	ALLIE	11	MUSCLE MAX LT	JAY	9:30	STRICTLY STRGTH	ABBY	9:30	SPIN 30/30	ANGIE	10	PILATES SCULPT	LAURA			
			4	MINDFUL MVMT	CARYN	10:30	YOGA BLEND	SUE	12	SPIN B&B	JOE	5:30	PILATES/BARRE	SHIRIN	9	CIRCUIT STRNTH	ANDY	10	BOOTCAMP	JAY			
			5:30	BUTTS & GUTS	SHIRIN	5:30	STRICTLY STRGTH	ABBY	4	RESTORATIVE YOGA	CARYN	6:30	B-CAMP & BAG	CHARLIE	10	RESTORATIVE	ANDY	11	B-CAMP & BAG	CHARLIE			
			6	SPIN & STRETCH	NIKKI	6:30	B-CAMP & BAG	CHARLIE	5:30	BARRE STRONG	SHIRIN	6:30	VINYASA	TAYLOR				11	ZUMBA	LAUREN			
									6	SPIN	ADRIENN												
									6:30	VINAYASA	LAUREN												
17			18			19			20			21			22			23					
						5:45	BOOTCAMP	AMIRA	5:45	SPIN & STRETCH	CINDY												
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	8:30	BALANCE (STX)	SUE	8	HATHA	CARYN	5:45	BOOTCAMP	ANGIE									
9	SPIN (AT)	SHIRIN	9	321	ANDY	8:30	PILATES SCULPT	LAURA	9:30	SPIN (30/30)	AMIRA	8:30	PILATES SCULPT	LAURA	5:45	SPIN B&B	LIZ	8	HATHA	TAYLOR			
10:15	HATHA/VIN	TAYLOR	9:15	SPIN XL (75)	ANGIE	8:30	SPIN (XP)	SHIRIN	9:30	STRICTLY STRGTH	ABBY	8:30	SPIN 30/30	SHIRIN	7:45	HATHA	CARYN	9	SPIN XL	ANGIE			
10	BOOTCAMP	ABBY	10	RESTORATIVE	ANDY	9:30	SURFSET	SHIRIN	9:30	ULT STRENGTH	ANGIE	9:30	BUTTS & GUTS	ANG	7:30	EARLY BIRD BOX	SHIRIN	9	STEP & WTS	PATTY			
			11	MUSCLE MAX LT	JAY	9:30	BUILT	ABBY	11	MUSCLE MAX LT	JAY	9:30	STRICTLY STRGTH	ABBY	9:30	SPIN 30/30	ANGIE	10	PILATES SCULPT	LAURA			
			4	MINDFUL MVMT	CAROLYN	10:30	YOGA BLEND	SUE	12	SPIN B&B	JOE	5:30	PILATES/BARRE	SHIRIN	9	CIRCUIT STRNTH	ANDY	10	BOOTCAMP	AMIRA			
			5:30	BUTTS & GUTS	ABBY	5:30	STRICTLY STRGTH	ABBY	4	RESTORATIVE YOGA	CARYN	6:30	B-CAMP & BAG	CHARLIE	10	RESTORATIVE	ANDY	11	B-CAMP & BAG	CHARLIE			
			6	SPIN & STRETCH	NIKKI	6:30	B-CAMP & BAG	CHARLIE	5:30	BARRE STRONG	LPK	6:30	VINYASA	TAYLOR				11	ZUMBA	LAUREN			
									6	SPIN	ADRIENN												
									6:30	VINAYASA	LAUREN												
24			25			26			27			28			29			30					
8	PILATES	PATTI	5:45	SPIN (B&B)	AMIRA	5:45	BOOTCAMP	AMIRA	5:45	SPIN & STRETCH	CINDY	5:45	BOOTCAMP	LIZ									
9	SPIN (AT)	SHIRIN	9	321	ANDY	8:30	BALANCE (STX)	SUE	8	HATHA	SUE	8:30	PILATES SCULPT	LAURA	5:45	SPIN B&B	LIZ	8	HATHA	SUE			
10:15	HATHA/VIN	CARYN	9:15	SPIN XL (75)	ANGIE	8:30	PILATES SCULPT	LAURA	9:30	SPIN (30/30)	ANG	8:30	SPIN 30/30	SHIRIN	7:45	HATHA	CARYN	9	SPIN XL	ANGIE			
10	BOOTCAMP	ABBY	10	RESTORATIVE	ANDY	8:30	SPIN (XP)	SHIRIN	9:30	STRICTLY STRGTH	ABBY	9:30	BUTTS & GUTS	ANG	7:30	EARLY BIRD BOX	LPK	9	STEP & WTS	PATTY			
			11	MUSCLE MAX LT	CARYN	9:30	SURFSET	SHIRIN	9:30	ULT STRENGTH	ALLIE	9:30	STRICTLY STRGTH	ABBY	9:30	SPIN 30/30	ANGIE	10	PILATES SCULPT	LAURA			
			4	RESTORATIVE	CARYN	9:30	BUILT	ALLIE	11	MUSCLE MAX LT	JAY	5:30	PILATES/BARRE	SHIRIN	9	CIRCUIT STRNTH	ABBY	10	BOOTCAMP	CNCLD			
			5:30	BUTTS & GUTS	ABBY	10:30	YOGA BLEND	SUE	12	SPIN B&B	JOE	6:30	B-CAMP & BAG	CHARLIE	10	RESTORATIVE		11	B-CAMP & BAG	CHARLIE			
			6	SPIN & STRETCH	SHIRIN	5:30	STRICTLY STRGTH	ABBY	4	RESTORATIVE YOGA	CARYN	6:30	VINYASA	CNCLD									
						6:30	B-CAMP & BAG	CHARLIE	5:30	BARRE STRONG	LPK												
									6	SPIN	ADRIENN												
									6:30	VINAYASA	LAUREN												