

	1	2	3	4	5	6
	CLUB CLOSED	5:45 BOOTCAMP LIZ 8:30 BALANCE (STX) SUSAN 8:30 PILATES/BARRE LAURA 8:30 SPIN (30/30) 9:30 SURFSET 9:30 BUILT ALLIE 10:30 YOGA BLEND ELLIE 5:30 STRICTLY ABBY 6:30 B-CAMP & BAG CHARLIE	5:45 SPIN & STRETCH CINDY 8:15 MINDFUL STRETCH SHANNON 9:30 SPIN (30/30) ANGELA 9:30 STRICTLY STRGTH ABBY 9:30 ULT STRENGTH ALLIE 11 MUSCLE MAX LT LPK 12 SPIN B&B JOE 4 RESTORATIVE YOGA SUSAN 5:30 PILATES BARRE LPK 6 SPIN ADRIENN 6:30 VINAYASA LAUREN	5:45 BOOTCAMP AMIRA 8:30 PILATES SCULPT LAURA 8:30 SPIN 30/30 SHIRIN 9:30 BUTTS & GUTS ANG 9:30 STRICTLY STRGTH ABBY 5:30 BUTTS & GUTS SHIRIN 6:30 B-CAMP & BAG CHARLIE 6:30 VINAYASA TAYLOR	7:45 SPIN B&B LIZ HATHA ELLIE 7:30 EARLY BIRD BOX LPK 9:30 SPIN 30/30 ANGIE 9 CIRCUIT STRNTH ALLIE 10 STRETCH SHANNON	8 HATHA SUSAN 9 SPINXL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 BOOTCAMP AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN
7	8	9	10	11	12	13
8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP ABBY	5:45 SPIN (XP) AMIRA 9 321 ANDY 9:15 SPIN XL (75) ANGIE 10 RESTORATIVE ANDY 11 MUSCLE MAX LT CARYN 4 MINDFUL MVMT CARYN 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI	5:45 BOOTCAMP LIZ 8:30 BALANCE (STX) SUSAN 8:30 PILATES BARRE LAURA 8:30 SPIN (30/30) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND ELLIE 5:30 STRICTLY ABBY 6:30 B-CAMP & BAG CHARLIE	5:45 SPIN & STRETCH LIZ 8:15 MINDFUL STRETCH SHANNON 9:30 SPIN (30/30) ANGELA 9:30 STRICTLY STRGTH ABBY 9:30 ULT STRENGTH ALLIE 11 MUSCLE MAX LT LPK 12 SPIN B&B JOE 4 RESTORATIVE YOGA CARYN 5:30 PILATES BARRE LPK 6 SPIN ADRIENN 6:30 VINAYASA LAUREN	5:45 BOOTCAMP AMIRA 8:30 PILATES SCULPT LAURA 8:30 SPIN 30/30 SHIRIN 9:30 BUTTS & GUTS ANG 9:30 STRICTLY STRGTH ABBY 5:30 BUTTS & GUTS SHIRIN 6:30 B-CAMP & BAG CHARLIE 6:30 VINAYASA TAYLOR	7:45 SPIN B&B LIZ HATHA ELLIE 7:30 EARLY BIRD BOX LPK 9:30 SPIN 30/30 ANGIE 9 CIRCUIT STRNTH ANDY 10 RESTORATIVE ANDY	8 HATHA SUSAN 9 SPINXL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 BOOTCAMP SHANNON 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN
14	15	16	17	18	19	20
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21	22	23	24	25	26	27
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28	29	30	2025 SEPT GROUPX & SPIN PLEASE SEE BHC APP FOR MOST ACCURATE SCHEDULE			
8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN ELLIE 10 BOOTCAMP ABBY	5:45 SPIN (XP) CINDY 9 321 JAY 9:15 SPIN XL (75) ANGIE 10 RESTORATIVE ELLIE 11 MUSCLE MAX LT CARYN 4 RESTORATIVE CARYN 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI	5:45 BOOTCAMP LIZ 8:30 BALANCE (STX) SUSAN 8:30 PILATES BARRE LAURA 8:30 SPIN (30/30) SHIRIN 9:30 SURFSET SHIRIN 9:30 BUILT ALLIE 10:30 YOGA BLEND ELLIE 5:30 STRICTLY ABBY 6:30 B-CAMP & BAG CHARLIE				