

30	8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP ABBY					1	8 HATHA SUSAN 9 SPINXL ANGIE 9 STEP & WEIGHTS VALERIE 10 PILATES BARRE LAURA 10 BOOTCAMP AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN						
2025 NOVEMBER GROUPX & SPIN PLEASE SEE BHC APP FOR MOST ACCURATE SCHEDULE													
2	8 PILATES PATTI 9 SPIN (AT) ANG 10:15 HATHA/VIN KATHERINE 10 BOOTCAMP ABBY	3	5:45 SPIN (XP) AMIRA 9 321 ANDY 9:15 SPIN XL (75) ANGIE 9:30 PILATES SCULPT NICOLE 10 RESTORATIVE ANDY 11 MUSCLE MAX LT JAY 4 MINDFUL MVMT SUE 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI	4	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 6:30 PILATES SCULPT SHANIYA	5	5:45 SPIN & STRETCH CINDY 8:15 HATHA KATHERINE 9:15 ULT STRENGTH ALLIE 9:30 SPIN (30/30) ANG 9:30 STRICTLY STRENGTH ABBIE 11 MUSCLE MAX LT LPK 12 SPIN B&B JOE 4 RESTORATIVE YOGA CARYN 5:30 STRICTLY STRENGTH JAY 6 SPIN ADRIENNE 6:30 VINAYASA TAYLOR	6	8:30 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 SHANIYA 6:30 B-CAMP & BAG CHARLIE 6:30 VINYASA LAUREN	7	5:45 SPIN B&B LIZ 7:45 HATHA ELLIE 8:30 CARDIO BOXING STEPHANI 9:30 SPIN 30/30 ANGIE 9 CIRCUIIT STRNTH ANDY 10 BARRE BURN ANDY	8	8 HATHA SUSAN 9 SPINXL ANGIE 9 STEP & WEIGHTS VALERIE 10 PILATES BARRE LAURA 10 BOOTCAMP JAY 11 B-CAMP & BAG CHARLIE 11 ZUMBA PATRICIA
9	8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP ABBIE	10	5:45 SPIN (XP) AMIRA 9 321 ANDY 9:15 SPIN XL (75) ANGIE 9:30 PILATES SCULPT NICOLE 10 RESTORATIVE CARYN 11 MUSCLE MAX LT CARYN 4 MINDFUL MVMT CARYN 5:30 BUTTS & GUTS ABBIE 6 SPIN & STRETCH NIKKI	11	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 6:30 PILATES SCULPT SHANIYA	12	5:45 SPIN & STRETCH CINDY 8:15 HATHA KATHERINE 9:15 ULT STRENGTH ALLIE 9:30 SPIN (30/30) ANG 9:30 STRICTLY STRENGTH ABBIE 11 MUSCLE MAX LT LAURA 12 SPIN B&B JOE 4 RESTORATIVE YOGA CARYN 5:30 STRICTLY STRENGTH JAY 6 SPIN SHANIYA 6:30 VINAYASA TAYLOR	13	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 SHANIYA 6:30 B-CAMP & BAG CHARLIE 6:30 VINYASA LAUREN	14	5:45 SPIN B&B LIZ 7:45 HATHA ELLIE 8:30 CARDIO BOXING STEPHANI 9:30 SPIN 30/30 ANGIE 9 CIRCUIIT STRNTH ANDY 10 BARRE BURN ANDY	15	8 HATHA SUSAN 9 SPINXL ANG 9 STEP & WEIGHTS VALERIE 10 PILATES BARRE LAURA 10 BOOTCAMP AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN
16	8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN LINDA 10 BOOTCAMP ANGELA	17	5:45 SPIN (XP) AMIRA 9 321 ANDY 9:15 SPIN XL (75) ANGIE 9:30 PILATES SCULPT NICOLE 10 RESTORATIVE ANDY 11 MUSCLE MAX LT CARYN 4 MINDFUL MVMT CARYN 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH NIKKI	18	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 6:30 PILATES SCULPT SHANIYA	19	5:45 SPIN & STRETCH CINDY 8:15 HATHA LINDA 9:15 ULT STRENGTH ALLIE 9:30 SPIN (30/30) ANG 9:30 STRICTLY STRENGTH ABBIE 11 MUSCLE MAX LT JAY 12 SPIN B&B JOE 4 RESTORATIVE YOGA CARYN 5:30 STRICTLY STRENGTH JAY 6 SPIN ADRIENNE 6:30 VINAYASA CAROLYN	20	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 SHANIYA 6:30 B-CAMP & BAG CHARLIE 6:30 VINYASA LAUREN	21	5:45 SPIN B&B LIZ 7:45 HATHA ELLIE 8:30 CARDIO BOXING STEPHANI 9:30 SPIN 30/30 ANGIE 9 CIRCUIIT STRNTH ANDY 10 BARRE BURN ANDY	22	8 HATHA SUSAN 9 SPIN XL ANGIE 9 STEP & WTS VALERIE 10 PILATES BARRE LAURA 10 BOOTCAMP 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	24	5:45 SPIN (XP) AMIRA 9 321 ANDY 9:15 SPIN XL (75) ANGIE 9:30 PILATES SCULPT NICOLE 10 RESTORATIVE ANDY 11 MUSCLE MAX LT CARYN 4 MINDFUL MVMT CARYN 5:30 BUTTS & GUTS ABBY 6 SPIN & STRETCH SHIRIN	25	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 6:30 PILATES SCULPT SHANIYA	26	5:45 SPIN & STRETCH LIZ 8:15 HATHA LINDA 9:15 ULT STRENGTH ALLIE 9:30 SPIN (30/30) ANG 9:30 STRICTLY STRENGTH ABBIE 11 MUSCLE MAX LT LPK 12 SPIN B&B JOE 4 RESTORATIVE YOGA CARYN 5:30 STRICTLY STRENGTH CNCLD 6 SPIN CNCLD 6:30 VINAYASA CNCLD	27	THANKSGIVING 7:15 BOOTCAMP LIZ 8:30 HATHA CARYN 9:30 STRICT STRENGTH AMIRA 9:30 SPIN 30/30 SHIRIN	28	BLACK FRIDAY 7:15 SPIN B&B LIZ 7:45 HATHA ELLIE 9 CIRCUIIT STRNGTH ANDY 9:30 SPIN XL ANGELA 10 BARRE BURN ANDY	29	8 HATHA SUSAN 9 SPIN XL ANGIE 9 STEP & WTS VALERIE 10 PILATES BARRE LAURA 10 BOOTCAMP AMIRA 11 B-CAMP & BAG CHARLIE 11 ZUMBA LAUREN