

2025 OCTOBER

GROUPX & SPIN

PLEASE SEE BHC APP
FOR MOST ACCURATE SCHEDULE

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