

2026 JANUARY

GROUPX & SPIN

PLEASE SEE BHC APP
FOR MOST ACCURATE SCHEDULE

1 NEW YEARS DAY			2			3		
10:15	SPIN	SHIRIN	5:45	SPIN B&B	LIZ	8	HATHA	MICHAEL
10:15	STRICTLY STRGTH	LPK	7:45	HATHA	ANDY	9	SPINXL	ANGIE
11	BOOTCAMP	JAY/ANG	8:30	CARDIO BOXING	CNCLD	9	STEP & WEIGHTS	PATTY
11:30	HATHA	KATHERINE	9:30	SPIN 30/30	ANGIE	10	PILATES BARRE	LAURA
			9	CIRCUIT STRNTH	ANDY	10	BOOTCAMP	AMIRA
			10	BARRE BURN	ANDY	11	B-CAMP & BAG	CHARLIE
						11	ZUMBA	LAUREN
4			5			6		
8	PILATES	PATTI	5:45	SPIN (XP)	AMIRA	5:45	BOOTCAMP	LIZ
9	SPIN (AT)	SHIRIN	9	321	ANDY	8:30	BALANCE (STX)	SUSAN
10:15	HATHA/VIN	KATHERINE	9:15	SPIN XL (75)	ANGIE	8:30	PILATES BARRE	LAURA
10	BOOTCAMP	ABBY	9:30	PILATES SCULPT	NICOLE	8:30	SPIN (30/30)	SHIRIN
			10	RESTORATIVE	ANDY	9:30	SURFSET	SHIRIN
			11	MUSCLE MAX LT	JAY	9:30	BUILT	ALLIE
			4	MINDFUL MVMT	CARYN	10:30	YOGA BLEND	ELLIE
			5:30	BUTTS AND GUTS	ABBY	5:30	STRICTLY STRGTH	ABBY
			6	SPIN & STRETCH	NIKKI	6:30	B-CAMP & BAG	CHARLIE
						6:30	PILATES SCULPT	NICOLE
7			8			9		
5:45	SPIN & STRETCH	CINDY	8:30	BOOTCAMP	AMIRA	5:45	SPIN B&B	LIZ
8:15	HATHA	LINDA	8:30	PILATES SCULPT	LAURA	7:45	HATHA	ELLIE
9:15	ULT STRENGTH	ALLIE	9:30	SPIN 30/30	SHIRIN	8:30	CARDIO BOXING	STEPHANI
9:30	SPIN (30/30)	ANG	9:30	BUTTS & GUTS	ANG	9:30	SPIN 30/30	ANGIE
9:30	BARBELL FIT	ABBIE	9:30	STRICTLY STRGTH	ABBY	9	CIRCUIT STRNTH	ANDY
11	MUSCLE MAX LT	LPK	5:30	BARBELL FIT	ABBY	10	BARRE BURN	ANDY
12	SPIN B&B	JOE	6:30	B-CAMP & BAG	CHARLIE			
4	RESTORATIVE YOGA	CARYN	6:30	VINYASA	LAUREN			
5:30	321	JAY						
6	SPIN	ADRIENNE						
6:30	VINAYASA	TAYLOR						
10			11			12		
8	HATHA	MICHAEL	5:45	SPIN (XP)	AMIRA	5:45	SPIN (XP)	AMIRA
9	SPINXL	ANGIE	9	321	ANDY	9	321	ANDY
9	STEP & WEIGHTS	PATTY	9:15	SPIN XL (75)	ANGIE	9:15	SPIN XL (75)	ANGIE
10	PILATES BARRE	LAURA	9:30	PILATES SCULPT	NICOLE	9:30	PILATES SCULPT	NICOLE
10	BOOTCAMP	JAY	10	RESTORATIVE	CARYN	10	RESTORATIVE	ANDY
11	B-CAMP & BAG	CHARLIE	11	MUSCLE MAX LT	JAY	11	MUSCLE MAX LT	CARYN
11	ZUMBA	LAUREN	4	MINDFUL MVMT	SUE	4	MINDFUL MVMT	CARYN
			5:30	BUTTS AND GUTS	ABBY	5:30	BUTTS AND GUTS	ABBY
			6	SPIN & STRETCH	NIKKI	6	SPIN & STRETCH	NIKKI
13			14			15		
5:45	BOOTCAMP	LIZ	5:45	SPIN & STRETCH	LIZ	5:45	BOOTCAMP	AMIRA
8:30	BALANCE (STX)	SUSAN	8:15	HATHA	LINDA	8:30	PILATES SCULPT	LAURA
8:30	PILATES BARRE	LAURA	9:15	ULT STRENGTH	ALLIE	8:30	SPIN 30/30	SHIRIN
8:30	SPIN (30/30)	SHIRIN	9:30	SPIN (30/30)	ANG	9:30	BUTTS & GUTS	ANG
9:30	SURFSET	SHIRIN	9:30	BARBELL FIT	ABBIE	9:30	STRICTLY STRGTH	ABBY
9:30	BUILT	ALLIE	11	MUSCLE MAX LT	LAURA	9:30	STRICTLY STRGTH	ABBY
10:30	YOGA BLEND	ELLIE	12	SPIN B&B	JOE	5:30	BARBELL FIT	JAY
5:30	STRICTLY STRGTH	ABBY	4	RESTORATIVE YOGA	LINDA	6:30	B-CAMP & BAG	CHARLIE
6:30	B-CAMP & BAG	CHARLIE	5:30	321	JAY	6:30	VINYASA	LAUREN
6:30	PILATES SCULPT	NICOLE	6	SPIN	ADRIENNE			
			6:30	VINAYASA	TAYLOR			
16			17			18		
5:45	SPIN B&B	LIZ	5:45	BOOTCAMP	AMIRA	8	PILATES	PATTI
7:45	HATHA	ELLIE	8:30	PILATES SCULPT	LAURA	9	SPIN (AT)	SHIRIN
8:30	CARDIO BOXING	STEPHANI	8:30	SPIN 30/30	SHIRIN	10:15	HATHA/VIN	CARYN
9:30	SPIN 30/30	ANGIE	9:30	BUTTS & GUTS	ANG	10	BOOTCAMP	JAY
9	CIRCUIT STRNTH	ALLIE	9:30	STRICTLY STRGTH	ABBY			
10	BARRE BURN	ALLIE	5:30	BARBELL FIT	JAY			
			6:30	B-CAMP & BAG	CHARLIE			
			6:30	VINYASA	LAUREN			
19			20			21		
5:45	SPIN (XP)	AMIRA	5:45	BOOTCAMP	LIZ	5:45	SPIN & STRETCH	CINDY
9	321	ANDY	8:30	BALANCE (STX)	SUSAN	8:15	HATHA	LINDA
9:15	SPIN XL (75)	ANGIE	8:30	PILATES BARRE	LAURA	9:15	ULT STRENGTH	ALLIE
9:30	PILATES SCULPT	NICOLE	8:30	SPIN ((30/30)	SHIRIN	9:30	SPIN (30/30)	ANG
10	RESTORATIVE	ANDY	9:30	SURFSET	SHIRIN	9:30	BARBELL FIT	ABBIE
11	MUSCLE MAX LT	CARYN	9:30	BUILT	ALLIE	11	MUSCLE MAX LT	LPK
4	MINDFUL MVMT	CARYN	10:30	YOGA BLEND	ELLIE	12	SPIN B&B	CNCLD
5:30	BUTTS AND GUTS	ABBY	5:30	STRICTLY STRGTH	ABBY	4	RESTORATIVE YOGA	CARYN
6	SPIN & STRETCH	NIKKI	6:30	B-CAMP & BAG	CHARLIE	5:30	321	JAY
			6:30	PILATES SCULPT	NICOLE	6	SPIN	ADRIENNE
						6:30	VINAYASA	TAYLOR
22			23			24		
5:45	BOOTCAMP	AMIRA	5:45	SPIN B&B	LIZ	8	HATHA	MICHAEL
8:30	PILATES SCULPT	LAURA	7:45	HATHA	ELLIE	9	SPIN XL	ANGIE
8:30	SPIN 30/30	SHIRIN	8:30	CARDIO BOXING	STEPHANI	9	STEP & WTS	PATTY
9:30	BUTTS & GUTS	ANG	9:30	SPIN 30/30	ANGIE	10	PILATES BARRE	LAURA
9:30	STRICTLY STRGTH	ABBY	9	CIRCUIT STRNTH	ANDY	10	BOOTCAMP	JAY
5:30	BARBELL FIT	ABBY	10	BARRE BURN	ANDY	11	B-CAMP & BAG	CHARLIE
6:30	B-CAMP & BAG	CHARLIE				11	ZUMBA	LAUREN
6:30	VINYASA	LAUREN						
25			26			27		
8	PILATES	PATTI	5:45	SPIN (XP)	AMIRA	5:45	BOOTCAMP	LIZ
9	SPIN (AT)	SHIRIN	9	321	ANDY	8:30	BALANCE (STX)	SUSAN
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			10	RESTORATIVE	ANDY	9:30	SURFSET	SHIRIN
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			5:30	BUTTS AND GUTS	ABBY	5:30	STRICTLY STRGTH	ABBY
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28			29			30		
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5:30	321	JAY						
6	SPIN	ADRIENNE						
6:30	VINAYASA	TAYLOR						
31			32			33		
8	HATHA	MICHAEL	5:45	SPIN B&B	LIZ	8	HATHA	MICHAEL
9	SPIN XL	ANGIE	7:45	HATHA	ELLIE	9	SPIN XL	ANGIE
9	STEP & WTS	PATTY	8:30	CARDIO BOXING	ANGIE	9	STEP & WTS	PATTY
10	PILATES BARRE	LAURA	9:30	SPIN 30/30	ANGIE	10	PILATES BARRE	LAURA
10	BOOTCAMP	AMIRA	9	CIRCUIT STRNTH	ABBY	10	BOOTCAMP	AMIRA
11	B-CAMP & BAG	CHARLIE	10	BARRE BURN	ABBY	11	B-CAMP & BAG	CHARLIE
11	ZUMBA	LAUREN				11	ZUMBA	LAUREN