

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BHC BEVERLY HILLS CLUB 31555 SOUTHFIELD RD. BEVERLY HILLS, MI 48025	GROUPX & SPIN JULY 2026 MAKE SURE TO REGISTER ONLINE/APP! FOR MOST ACCURATE SCHEDULE SEE APP   LIKE US/FOLLOW US BEVERLYHILLSCLUB		1 5:45A SPIN & STRETCH CINDY 8:15A HATHA MICHAEL 9:15A ULT STRENGTH ALLIE 9:30A SPIN (30/30) ANG 9:30A BARBELL FIT ABBIE 11A MUSCLE MAX LT JAY 12P SPIN B&B JOE 4P RESTORATIVE YOGA CARYN 5:30P ULT STRENGTH JAY 6P SPIN CANCELED 6:30P VINYASA TAYLOR	2 5:45A BOOTCAMP AMIRA 8:30A PILATES SCULPT LAURA 8:30A SPIN XL GENESIS 9:30A BUTTS & GUTS ANG 9:30A STRICTLY STRENGTH ABBIE 10:30A STRETCH & RESET LAUREN 5:30P MEET @THE BARRE NICOLE 6:30P B-CAMP&BAG CHARLIE	3 5:45A SPIN B&B LIZ 7:45A HATHA MICHAEL 9A CIRCUIT STRENGTH ANDY 9:30A SPIN 30/30 ANGIE 10A MINDFUL MOVEMNT ANDY	4  CLUB IS CLOSED! HAVE A SAFE HOLIDAY!
5 8A PILATES PATTI 9A SPIN (AT) ANG 10A BOOTCAMP ABBIE 10:15A HATHA/VIN CAROLYN	6 5:45A SPIN (XP) AMIRA 9A 321 JAY 9:15A SPIN XL(75) ANGIE 9:30A PILATES SCULPT NICOLE 10A RESTORATIVE YOGA MICHAEL 11A MUSCLE MAX LT CARYN 4P MINDFUL MVMT CARYN 5:30P BUTTS & GUTS ABBIE	7 5:45A BOOTCAMP LIZ 8:30A BALANCE (STX) MICHAEL 8:30A PILATES BARRE LAURA 9:30A SURFSET STEPH 9:30A BUILT ALLIE 10:30A YOGA BLEND LINDA 11A CORE & FLOOR WENDY 5:30P BARBELL FIT ABBIE 6:30P B-CAMP&BAG CHARLIE 6:30P PILATES SCULPT NICOLE	8 5:45A SPIN & STRETCH CINDY 8:15A HATHA LINDA 9:15A ULT STRENGTH ALLIE 9:30A SPIN (30/30) ANG 9:30A BARBELL FIT ABBIE 11A MUSCLE MAX LT JAY 12P SPIN B&B JOE 4P RESTORATIVE YOGA CARYN 5:30P ULT STRENGTH JAY 6:30P VINYASA TAYLOR	9 5:45A BOOTCAMP AMIRA 8:30A PILATES SCULPT LAURA 8:30A SPIN XL GENESIS 9:30A BUTTS & GUTS ANG 9:30A STRICTLY STRENGTH ABBIE 10:30A STRETCH & RESET LAUREN 5:30P MEET @THE BARRE NICOLE 6:30P B-CAMP&BAG CHARLIE	10 5:45A SPIN B&B LIZ 7:45A HATHA CARYN 9A CIRCUIT STRENGTH ABBIE 9:30A SPIN 30/30 ANGIE 10A MINDFUL MOVEMNT ABBIE	11 8A HATHA MICHEAL 9A SPIN XL ANGIE 9A STEP & WEIGHTS PATTY 10A PILATES BARRE LAURA 10A BOOTCAMP JAY 11A B-CAMP & BAG CHARLIE 11A ZUMBA LAUREN
12 8A PILATES PATTI 9A SPIN (AT) ANG 10A BOOTCAMP ABBIE 10:15A HATHA/VIN CARYN	13 5:45A SPIN (XP) LIZ 9A 321 ANDY 9:15A SPIN XL(75) ANGIE 9:30A PILATES SCULPT NICOLE 10A RESTORATIVE YOGA ANDY 11A MUSCLE MAX LT CARYN 4P MINDFUL MVMT CARYN 5:30P BUTTS & GUTS ABBIE	14 5:45A BOOTCAMP LIZ 8:30A BALANCE (STX) SUE 8:30A PILATES BARRE LAURA 9:30A SURFSET STEPH 9:30A BUILT ALLIE 10:30A YOGA BLEND LINDA 11A CORE & FLOOR WENDY 5:30P BARBELL FIT STEPH 6:30P B-CAMP&BAG CHARLIE 6:30P PILATES SCULPT SHANIYA	15 5:45A SPIN & STRETCH CINDY 8:15A HATHA LINDA 9:15A ULT STRENGTH ALLIE 9:30A SPIN (30/30) ANG 9:30A BARBELL FIT ABBIE 11A MUSCLE MAX LT JAY 12P SPIN B&B JOE 4P RESTORATIVE YOGA CARYN 5:30P ULT STRENGTH JAY 6:30P VINYASA TAYLOR	16 5:45A BOOTCAMP LIZ 8:30A PILATES SCULPT LAURA 8:30A SPIN XL GENESIS 9:30A BUTTS & GUTS ANG 9:30A STRICTLY STRENGTH ABBIE 10:30A STRETCH & RESET LAUREN 5:30P MEET @THE BARRE NICOLE 6:30P B-CAMP&BAG CHARLIE	17 5:45A SPIN B&B LIZ 7:45A HATHA ELLIE 9A CIRCUIT STRENGTH ALLIE 9:30A SPIN 30/30 ANGIE 10A MINDFUL MOVEMNT ALLIE	18 8A HATHA MICHEAL 9A SPIN XL ANGIE 9A STEP & WEIGHTS PATTY 10A PILATES BARRE LAURA 10A BOOTCAMP JAY 11A B-CAMP & BAG CHARLIE 11A ZUMBA LAUREN
19 8A PILATES PATTI 9A SPIN (AT) NIKKI 10:15A HATHA/VIN CARYN 10A BOOTCAMP ABBIE	20 5:45A SPIN (XP) AMIRA 9A 321 ANDY 9:15A SPIN XL(75) ANGIE 9:30A PILATES SCULPT NICOLE 10A RESTORATIVE YOGA ANDY 11A MUSCLE MAX LT CARYN 4P MINDFUL MVMT CARYN 5:30P BUTTS & GUTS ABBIE	21 5:45A BOOTCAMP LIZ 8:30A BALANCE (STX) SUE 8:30A PILATES BARRE LAURA 9:30A SURFSET STEPH 9:30A BUILT ALLIE 10:30A YOGA BLEND ELLIE 11A CORE & FLOOR WENDY 5:30P BARBELL FIT ABBIE 6:30P B-CAMP&BAG CHARLIE 6:30P PILATES SCULPT NICOLE	22 5:45A SPIN & STRETCH CINDY 8:15A HATHA LINDA 9:15A ULT STRENGTH ALLIE 9:30A SPIN (30/30) ANG 9:30A BARBELL FIT ABBIE 11A MUSCLE MAX LT JAY 12P SPIN B&B JOE 4P RESTORATIVE YOGA CARYN 5:30P ULT STRENGTH JAY 6:30P VINYASA TAYLOR	23 5:45A BOOTCAMP AMIRA 8:30A PILATES SCULPT LAURA 8:30A SPIN XL GENESIS 9:30A BUTTS & GUTS ANG 9:30A STRICTLY STRENGTH ABBIE 10:30A STRETCH & RESET LAUREN 5:30P MEET @THE BARRE NICOLE 6:30P B-CAMP&BAG CHARLIE	24 5:45A SPIN B&B LIZ 7:45A HATHA ELLIE 9A CIRCUIT STRENGTH ANDY 9:30A SPIN 30/30 ANGIE 10A MINDFUL MOVEMNT ANDY	25 8A HATHA MICHEAL 9A SPIN XL ANGIE 9A STEP & WEIGHTS PATTY 10A PILATES BARRE LPK 10A BOOTCAMP AMIRA 11A B-CAMP & BAG CHARLIE 11A ZUMBA LAUREN
26 8A PILATES PATTI 9A SPIN(AT) NIKKI 10:15A HATHA/VIN ELLIE 10A BOOTCAMP JAY	27 5:45A SPIN (XP) AMIRA 9A 321 ANDY 9:15A SPIN XL(75) ANGIE 9:30A PILATES SCULPT NICOLE 10A RESTORATIVE YOGA ANDY 11A MUSCLE MAX LT JAY 4P MINDFUL MVMT SUSAN 5:30P BUTTS & GUTS ABBIE	28 5:45A BOOTCAMP LIZ 8:30A BALANCE (STX) SUE 8:30A PILATES BARRE MICHAEL 9A BOXING/BOOTCAMP STEPH 9:30A BUILT ALLIE 10:30A YOGA BLEND ELLIE 11A CORE & FLOOR WENDY 5:30P BARBELL FIT ABBIE 6:30P B-CAMP&BAG CHARLIE 6:30P PILATES SCULPT NICOLE	29 5:45A SPIN & STRETCH LIZ 8:15A HATHA LINDA 9:15A ULT STRENGTH ALLIE 9:30A SPIN (30/30) AMIRA 9:30A BARBELL FIT ABBIE 11A MUSCLE MAX LT JAY 12P SPIN B&B JOE 4P RESTORATIVE YOGA CARYN 5:30P ULT STRENGTH JAY 6:30P VINYASA TAYLOR	30 5:45A BOOTCAMP AMIRA 8:30A PILATES SCULPT NICOLE 8:30A SPIN XL GENESIS 9:30A BUTTS & GUTS ANG 9:30A STRICTLY STRENGTH ABBIE 10:30A STRETCH & RESET LAUREN 5:30P MEET @THE BARRE NICOLE 6:30P B-CAMP&BAG CHARLIE	31 5:45A SPIN B&B LIZ 7:45A HATHA CARYN 9A CIRCUIT STRENGTH ANDY 9:30A SPIN 30/30 AMIRA 10A MINDFUL MOVEMNT ANDY	