

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