

	<p>1</p> <p>5:45 SPIN (B&B) AMIRA</p> <p>8 SLOW FLOW SUE</p> <p>9:15 SPIN (XL) 75 MIN SHIRIN</p> <p>9 CARDIO-BARRE ANDY</p> <p>10 HATHA/VIN NANCY</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>4 RESTORATIVE YOGA CARYN</p> <p>5 ZUMBA PATRICIA</p> <p>6 CARDIO & CORE MEGAN</p>	<p>2</p> <p>5:45 BOOTCAMP (GYM) LIZ</p> <p>8:30 BALANCE (STX) SUE</p> <p>8:30 PILATES CORE MICHAEL</p> <p>9 CARDIO BOX (GYM) ABBY</p> <p>9:30 3-2-1 ANDY</p> <p>10:30 YOGA BLEND ANDY</p> <p>5:15 YOGA STRONG CARYN</p> <p>5:30 SPIN XP MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>3</p> <p>5:45 SPIN & STRETCH CINDY</p> <p>8 HATHA MICHAEL</p> <p>9:30 STRICTLY STRGTH ABBY</p> <p>9:30 SPIN (30/30) AMIRA</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>12 SPIN (C4LIFE) JOE</p> <p>4:30 RESTORATIVE YOGA CARYN</p> <p>5:30 ZUMBA FUSION PATRICIA</p> <p>6 SPIN (B&B) SHIRIN</p> <p>6:30 VINYASA LAUREN</p>	<p>4</p> <p>5:45 BOOTCAMP(GYM) AMIRA</p> <p>8:30 PILATES CORE MICHAEL</p> <p>9 CARDIO BOX SHIRIN</p> <p>9:30 3-2-1 ABBY</p> <p>10:30 SLOW FLOW CARYN</p> <p>5:30 STRICTLY STRGTH MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>5</p> <p>5:45 SPIN B&B CINDY</p> <p>8 HATHA MICHAEL</p> <p>8 EARLY BIRD BOX SHIRIN</p> <p>9:15 SPIN & COREXL SHIRIN</p> <p>9 BOOTCAMP (GYM) ABBY</p> <p>9 CIRCUIT STRNTH ANDY</p> <p>10 HATHA/VIN ANDY</p>	<p>6</p> <p>8:15 SPIN (XP) ANGELA</p> <p>8 HATHA SUE</p> <p>9:15 SPIN XL MEGAN</p> <p>9:15 STEP & WEIGHTS PATTY</p> <p>10:30 ZUMBA FUSION PATRICIA</p> <p>11 KICKBOXING CHARLIE</p>
<p>7</p> <p>8 PILATES PATTI</p> <p>9 SPIN (AT) ANGELA</p> <p>10:15 HATHA/VIN CARYN</p> <p>10 BOOTCAMP ABBY</p>	<p>8</p> <p>5:45 SPIN (B&B) AMIRA</p> <p>8 SLOW FLOW ANDY</p> <p>9:15 SPIN (XL) 75 MIN SHIRIN</p> <p>9 CARDIO-BARRE ANDY</p> <p>10 HATHA/VIN NANCY</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>4 RESTORATIVE YOGA CARYN</p> <p>5 ZUMBA PATRICIA</p> <p>6 CARDIO & CORE MEGAN</p>	<p>9</p> <p>5:45 BOOTCAMP (GYM) AMIRA</p> <p>8:30 BALANCE (STX) CNCLD</p> <p>8:30 PILATES CORE MICHAEL</p> <p>9 CARDIO BOX (GYM) ABBY</p> <p>9:30 3-2-1 ANDY</p> <p>10:30 YOGA BLEND ANDY</p> <p>5:15 YOGA STRONG CARYN</p> <p>5:30 SPIN XP MEGAN</p> <p>6:30 KICKBOXING CNCLD</p>	<p>10</p> <p>5:45 SPIN & STRETCH LIZ</p> <p>8 HATHA MICHAEL</p> <p>9:30 STRICTLY STRGTH ABBY</p> <p>9:30 SPIN (30/30) AMIRA</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>12 SPIN (C4LIFE) JOE</p> <p>4:30 RESTORATIVE YOGA CARYN</p> <p>5:30 ZUMBA FUSION PATRICIA</p> <p>6 SPIN (B&B) ANGELA</p> <p>6:30 VINYASA LAUREN</p>	<p>11</p> <p>5:45 BOOTCAMP(GYM) LIZ</p> <p>8:30 PILATES CORE MICHAEL</p> <p>9 CARDIO BOX SHIRIN</p> <p>9:30 3-2-1 ABBY</p> <p>10:30 SLOW FLOW CARYN</p> <p>5:30 STRICTLY STRGTH MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>12</p> <p>5:45 SPIN B&B LIZ</p> <p>8 HATHA MICHAEL</p> <p>8 EARLY BIRD BOX CNCLD</p> <p>9:15 SPIN & CORE XL AMIRA</p> <p>9 BOOTCAMP (GYM) ABBY</p> <p>9 CIRCUIT STRNTH CNCLD</p> <p>10 HATHA/VIN NANCY</p>	<p>13</p> <p>8:15 SPIN (XP) ANGELA</p> <p>8 HATHA MICHAEL</p> <p>9:15 SPIN XL MEGAN</p> <p>9:15 STEP & WEIGHTS PATTY</p> <p>10:30 ZUMBA FUSION PATRICIA</p> <p>11 KICKBOXING CHARLIE</p>
<p>14</p> <p>8 PILATES PATTI</p> <p>9 SPIN (AT) AMIRA</p> <p>10:15 HATHA/VIN MICHAEL</p> <p>10 BOOTCAMP (GYM) ABBY</p>	<p>15</p> <p>5:45 SPIN (B&B) AMIRA</p> <p>8 SLOW FLOW SUE</p> <p>9:15 SPIN (XL) 75 MIN ANGELA</p> <p>9 CARDIO-BARRE ANDY</p> <p>10 HATHA/VIN NANCY</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>4 RESTORATIVE YOGA CARYN</p> <p>5 ZUMBA PATRICIA</p> <p>6 CARDIO & CORE MEGAN</p>	<p>16</p> <p>5:45 BOOTCAMP (GYM) AMIRA</p> <p>8:30 BALANCE (STX) SUE</p> <p>8:30 PILATES CORE MICHAEL</p> <p>9 CARDIO BOX (GYM) ABBY</p> <p>9:30 3-2-1 ANDY</p> <p>10:30 YOGA BLEND ANDY</p> <p>5:15 YOGA STRONG CARYN</p> <p>5:30 SPIN XP MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>17</p> <p>5:45 SPIN & STRETCH CINDY</p> <p>8 HATHA MICHAEL</p> <p>9:30 STRICTLY STRGTH ABBY</p> <p>9:30 SPIN 30/30) AMIRA</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>12 SPIN (C4LIFE) JOE</p> <p>4:30 RESTORATIVE YOGA CARYN</p> <p>5:30 ZUMBA CHRISTINA</p> <p>6 SPIN (B&B) ADRIENNE</p> <p>6:30 VINYASA LAUREN</p>	<p>18</p> <p>5:45 BOOTCAMP(GYM) LIZ</p> <p>8:30 PILATES CORE MICHAEL</p> <p>9 CARDIO BOX SHIRIN</p> <p>9:30 3-2-1 ABBY</p> <p>10:30 SLOW FLOW CARYN</p> <p>5:30 STRICTLY STRGTH MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>19</p> <p>5:45 SPIN B&B LIZ</p> <p>8 HATHA MICHAEL</p> <p>8 EARLY BIRD BOX SHIRIN</p> <p>9:15 SPIN & CORE SHIRIN</p> <p>9 BOOTCAMP (GYM) AMIRA</p> <p>9 CIRCUIT STRNTH ANDY</p> <p>10 HATHA/VIN NANCY</p>	<p>20</p> <p>8:15 SPIN (XP) ANGELA</p> <p>8 HATHA SUE</p> <p>9:15 SPIN XL MEGAN</p> <p>9:15 STEP & WEIGHTS PATTY</p> <p>10:30 ZUMBA CHRISTINA</p> <p>11 KICKBOXING CHARLIE</p>
<p>21</p> <p>8 PILATES PATTI</p> <p>9 SPIN (AT) SHIRIN</p> <p>10:15 HATHA/VIN CARYN</p> <p>10 BOOTCAMP (GYM) AMIRA</p>	<p>22</p> <p>5:45 SPIN (B&B) AMIRA</p> <p>8 SLOW FLOW SUE</p> <p>9:15 SPIN (XL) 75 MIN SHIRIN</p> <p>9 CARDIO-BARRE ANDY</p> <p>10 HATHA/VIN NANCY</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>4 RESTORATIVE YOGA CARYN</p> <p>5 ZUMBA CHRISTINA</p> <p>6 CARDIO & CORE MEGAN</p>	<p>23</p> <p>5:45 BOOTCAMP (GYM) AMIRA</p> <p>8:30 BALANCE (STX) SUE</p> <p>8:30 CORE & MORE AMIRA</p> <p>9 CARDIO BOX (GYM) ABBY</p> <p>9:30 3-2-1 ANDY</p> <p>10:30 YOGA BLEND ANDY</p> <p>5:15 YOGA STRONG CARYN</p> <p>5:30 SPIN XP MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>24</p> <p>5:45 SPIN & STRETCH CINDY</p> <p>8 HATHA CARYN</p> <p>9:30 STRICTLY STRGTH ABBY</p> <p>9:30 SPIN (30/30) AMIRA</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>12 SPIN (C4LIFE) JOE</p> <p>4:30 RESTORATIVE YOGA CARYN</p> <p>5:30 ZUMBA FUSION PATRICIA</p> <p>6 SPIN (B&B) ADRIENNE</p> <p>6:30 VINYASA LAUREN</p>	<p>25</p> <p>5:45 BOOTCAMP(GYM) LIZ</p> <p>8:30 CORE & MORE AMIRA</p> <p>9 CARDIO BOX ANGELA</p> <p>9:30 3-2-1 ABBY</p> <p>10:30 SLOW FLOW VINYASA CARYN</p> <p>5:30 STRICTLY STRGTH MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>26</p> <p>5:45 SPIN B&B LIZ</p> <p>8 HATHA ANDY</p> <p>8 EARLY BIRD BOX SHIRIN</p> <p>9:15 SPIN & CORE AMIRA</p> <p>9 BOOTCAMP (GYM) ABBY</p> <p>9 CIRCUIT STRNTH ANDY</p> <p>10 HATHA/VIN NANCY</p>	<p>27</p> <p>8:15 SPIN (XP) ANGELA</p> <p>8 HATHA CARYN</p> <p>9:15 SPINXL MEGAN</p> <p>9:15 STEP & WEIGHTS PATTY</p> <p>10:30 ZUMBA FUSION PATRICIA</p> <p>11 KICKBOXING CHARLIE</p>
<p>28</p> <p>8 PILATES PATTI</p> <p>9 SPIN (AT) SHIRIN</p> <p>10:15 HATHA/VIN CARYN</p> <p>10 BOOTCAMP (GYM) ABBY</p>	<p>29</p> <p>5:45 SPIN (B&B) AMIRA</p> <p>8 SLOW FLOW SUE</p> <p>9:15 SPIN (XL) 75 MIN SHIRIN</p> <p>9 CARDIO-BARRE ANDY</p> <p>10 HATHA/VIN NANCY</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>4 RESTORATIVE YOGA CARYN</p> <p>5 ZUMBA PATRICIA</p> <p>6 CARDIO & CORE MEGAN</p>	<p>30</p> <p>5:45 BOOTCAMP (GYM) AMIRA</p> <p>8:30 BALANCE (STX) SUE</p> <p>8:30 PILATES CORE MICHAEL</p> <p>9 CARDIO BOX (GYM) ABBY</p> <p>9:30 3-2-1 ANDY</p> <p>10:30 YOGA BLEND ANDY</p> <p>5:15 YOGA STRONG CARYN</p> <p>5:30 SPIN XP MEGAN</p> <p>6:30 KICKBOXING CHARLIE</p>	<p>31</p> <p>5:45 SPIN & STRETCH CINDY</p> <p>8 HATHA MICHAEL</p> <p>9:30 STRICTLY STRGTH ABBY</p> <p>9:30 SPIN (30/30) AMIRA</p> <p>11 MUSCLE MAX LT VICTORIA</p> <p>12 SPIN (C4LIFE) JOE</p> <p>4:30 RESTORATIVE YOGA CARYN</p> <p>5:30 ZUMBA FUSION PATRICIA</p> <p>6 SPIN (B&B) ADRIENNE</p> <p>6:30 VINYASA LAUREN</p>	<p>AUGUST 2022 GROUPX & SPIN</p> <p>**PLEASE SEE BHC APP FOR MOST ACCURATE SCHEDULE INFORMATION**</p>		