

SEPTEMBER GROUPX & SPIN

****PLEASE SEE BHC APP FOR MOST ACCURATE SCHEDULE INFORMATION****

						1 5:45 BOOTCAMP (GYM) LIZ 8:30 PILATES CORE MICHAEL 9 CARDIO BOX SHIRIN 9:30 3-2-1 ABBY 10:30 SLOW FLOW CARYN 12 C4L JOE 5:30 STRICTLY STRGTH ABBY 6:30 KICKBOXING CHARLIE			2 5:45 SPIN B&B LIZ 8 HATHA MICHAEL 8 EARLY BIRD BOX CNCLD 9:15 SPIN & COREXL SHIRIN 9 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			3 8 HATHA SUE 9 SPIN XL ANGELA 9:15 STEP & WEIGHTS ABBY 10:30 ZUMBA FUSION CHRISTINA 11 KICKBOXING CHARLIE								
4 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP CNCLD			5 CLUB CLOSED **BIG GYM RESURFACING WEEK OF 9/4-9/12** LOOK FOR POP UP CLASSES ON BHC APP			6 5:45 BOOTCAMP AMIRA 8:30 BALANCE (STX) CNCLD 8:30 PILATES CORE LAURA 9:30 CARDIO BOX (GYM) CNCLD 9:30 3-2-1 ANDY 10:30 YOGA BLEND ANDY 5:15 YOGA STRONG CARYN 5:30 SPIN XP SHIRIN 6:30 KICKBOXING CNCLD			7 5:45 SPIN & STRETCH CINDY 8 HATHA CARYN 9:30 STRICTLY STRGTH ABBY 9:30 SPIN (30/30) AMIRA 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA FUSION PATRICIA 6 SPIN (B&B) ADRIENNE 6 VINYASA CNCLD			8 5:45 BOOTCAMP LIZ 8:30 PILATES CORE LAURA 9:30 CARDIO BOX CNCLD 9:30 3-2-1 ABBY 10:30 SLOW FLOW CARYN 12 C4L JOE 5:30 STRICTLY STRGTH ABBY 6:30 KICKBOXING CNCLD			9 5:45 SPIN B&B LIZ 8 HATHA CARYN 8 EARLY BIRD BOX CNCLD 9:15 SPIN & CORE XL AMIRA 9 BOOTCAMP (GYM) CNCLD 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			10 8 HATHA SUE 9 SPIN XL ANGELA 9:15 STEP & WEIGHTS PATTY 10:30 ZUMBA FUSION PATRICIA 11 KICKBOXING CNCLD		
11 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) CNCLD			12 5:45 SPIN (B&B) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9 CARDIO-BARRE ANDY 10 HATHA/VIN NANCY 11 MUSCLE MAX LT SARAH 4 RESTORATIVE YOGA CARYN 5 ZUMBA PATRICIA 6 3-2-1 ABBY			13 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE (STX) SUE 8:30 PILATES CORE LAURA 9:30 CARDIO BOX (GYM) ABBY 9:30 3-2-1 ANDY 10:30 YOGA BLEND ANDY 5:15 YOGA STRONG CARYN 5:30 SPIN XP SHIRIN 6:30 KICKBOXING CHARLIE			14 5:45 SPIN & STRETCH LIZ 8 HATHA CARYN 9:30 STRICTLY STRGTH ABBY 9:30 SPIN (30/30) AMIRA 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA FUSION PATRICIA 6 SPIN (B&B) ADRIENNE 6 VINYASA LAUREN			15 5:45 BOOTCAMP (GYM) LIZ 8:30 PILATES CORE LAURA 9:30 CARDIO BOX SHIRIN 9:30 3-2-1 ABBY 10:30 SLOW FLOW CARYN 12 C4L JOE 5:30 STRICTLY STRGTH ABBY 6:30 KICKBOXING CHARLIE			16 5:45 SPIN B&B LIZ 8 HATHA CARYN 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE SHIRIN 9:30 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			17 8 HATHA ANGELA 9 SPIN XL ANGELA 9:15 STEP & WEIGHTS PATTY 10:30 ZUMBA FUSION CHRISTINE 11 KICKBOXING CHARLIE		
18 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) ABBY			19 5:45 SPIN (B&B) AMIRA 8 SLOW FLOW CARYN 9:15 SPIN (XL) 75 MIN SHIRIN 9 CARDIO-BARRE ANDY 10 HATHA/VIN NANCY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA PATRICIA 6 3-2-1 ABBY			20 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE (STX) CNCLD 8:30 PILATES CORE LAURA 9:30 CARDIO BOX (GYM) ABBY 9:30 3-2-1 ANDY 10:30 YOGA BLEND ANDY 5:15 YOGA STRONG CARYN 5:30 SPIN XP SHIRIN 6:30 KICKBOXING CHARLIE			21 5:45 SPIN & STRETCH CINDY 8 HATHA CARYN 9:30 STRICTLY STRGTH ABBY 9:30 SPIN (30/30) AMIRA 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA FUSION PATRICIA 6 SPIN (B&B) ADRIENNE 6 VINYASA LAUREN			22 5:45 BOOTCAMP (GYM) LIZ 8:30 PILATES CORE LAURA 9:30 CARDIO BOX SHIRIN 9:30 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN 12 C4L JOE 5:30 STRICTLY STRGTH ABBY 6:30 KICKBOXING CHARLIE			23 5:45 SPIN B&B LIZ 8 HATHA MIKE 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE AMIRA 9:30 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			24 8 HATHA CARYN 9 SPIN XL ANGELA 9:15 STEP & WEIGHTS PATTY 10:30 ZUMBA FUSION PATRICIA 11 KICKBOXING CHARLIE		
25 8 PILATES PATTI 9 SPIN (AT) AMIRA 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) ABBY			26 5:45 SPIN (B&B) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9 CARDIO-BARRE ANDY 10 HATHA/VIN NANCY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA PATRICIA 6 3-2-1 ABBY			27 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE (STX) SUE 8:30 PILATES CORE LAURA 9:30 CARDIO BOX (GYM) ABBY 9:30 3-2-1 ANDY 10:30 YOGA BLEND ANDY 5:15 YOGA STRONG CARYN 5:30 SPIN XP SHIRIN 6:30 KICKBOXING CHARLIE			28 5:45 SPIN & STRETCH REBECCA 8 HATHA MICHAEL 9:30 STRICTLY STRGTH ABBY 9:30 SPIN (30/30) AMIRA 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA FUSION PATRICIA 6 SPIN (B&B) ADRIENNE 6 VINYASA LAUREN			29 5:45 BOOTCAMP (GYM) AMIRA 8:30 PILATES CORE LAURA 9:30 CARDIO BOX SHIRIN 9:30 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN 12 C4L JOE 5:30 STRICTLY STRGTH ABBY 6:30 KICKBOXING CHARLIE			30 5:45 SPIN B&B CINDY 8 HATHA MIKE 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE SHIRIN 9:30 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			9/1/2022		