

DECEMBER GROUPX & SPIN

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

									1 5:45 BOOTCAMP(GYM) LIZ 8:30 PILATES CORE LAURA 9:30 SPIN 30/30 ANGELA 9:30 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN 12 C4L JOE 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE			2 5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE XL SHIRIN 9 BOOTCAMP(GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY			3 8 HATHA SUE 9 SPIN XL ANGELA 9 STEP & WEIGHTS PATTY 10 PILATES CORE LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE					
4 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP ABBY			5 5:45 SPIN (B&B) AMIRA 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			6 5:45 BOOTCAMP 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			7 5:45 SPIN & STRETCH CINDY 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			8 5:45 BOOTCAMP LIZ 8:30 PILATES CORE LAURA 9:30 SPIN 30/30 ANGELA 9:30 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN 12 C4L JOE 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE			9 5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE XL ANGELA 9 BOOTCAMP(GYM) ABBY 9 CIRCUIT STRNTH AMIRA 10 HATHA/VIN NANCY			10 8 HATHA SUE 9 SPIN XL ANGELA 9 STEP & WEIGHTS PATTY 10 PILATES CORE LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE		
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