

		1 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	2 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	3 5:45 BOOTCAMP (GYM) LIZ 8:30 PILATES CORE LAURA SPIN 30/30 ANGELA 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN 12 C4L JOE 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE	4 5:45 SPIN B&B CINDY 8 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE XL SHIRIN 9 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY	5 8 HATHA SUE 9 SPIN XL ANGELA 9 STEP & WEIGHTS PATTY 10 PILATES CORE LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE	
6 8 PILATES PATTI 9 SPIN (AT) AMIRA 10:15 HATHA/VIN CARYN 10 BOOTCAMP ABBY	7 5:45 SPIN (B&B) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN ANGELA 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	8 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 ANGELA 6:30 KICKBOXING CHARLIE	9 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	10 5:45 BOOTCAMP LIZ 8:30 PILATES CORE LAURA SPIN 30/30 ANGELA 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN 12 C4L JOE 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE	11 5:45 SPIN B&B LIZ 8 HATHA MICHAEL 8 EARLY BIRD BOX CNCLD 9:15 SPIN & CORE XL AMIRA 9 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY	12 8 HATHA SUE 9 SPIN XL ANGELA 9 STEP & WEIGHTS PATTY 10 PILATES CORE LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE	
13 8 PILATES PATTI 9 SPIN (AT) ANGELA 10:15 HATHA/VIN MICHAEL 10 BOOTCAMP (GYM) LIZ	14 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 AMIRA	15 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	16 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) SHIRIN 6 VINYASA LAUREN	17 5:45 BOOTCAMP (GYM) LIZ 8:30 PILATES CORE LAURA SPIN 30/30 ANGELA 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN 12 C4L JOE 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE	18 5:45 SPIN B&B LIZ 8 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE AMIRA 9:30 BOOTCAMP (GYM) ABBY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN NANCY	19 8 HATHA SUE 9 SPIN XL ANGELA 9 STEP & WEIGHTS ABBY 10 PILATES CORE LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE	
20 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) ABBY	21 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	22 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	23 5:45 SPIN & STRETCH LIZ 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 CNCLD	24 8 BOOTCAMP (GYM) LIZ 8:30 PILATES CORE LAURA 9 SPIN (XL) AMIRA 9:30 3-2-1 ABBY 10:30 SLOW FLOW VINYASA CARYN HAPPY THANKSGIVING SPECIAL HOLIDAY SCHEDULE TO COME	25 7 SPIN (B&B) LIZ 9 3-2-1 ANDY 9:15 SPIN CORE XL SHIRIN 10 HATHA/VIN NANCY	26 8 HATHA SUE 9 SPIN XL ANGELA 9 STEP & WEIGHTS PATTY 10 PILATES CORE LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE	
27 8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) ABBY	28 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	29 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	30 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	NOVEMBER GROUPX & SPIN **PLEASE SEE BHC APP FOR MOST ACCURATE			10/28/2022