

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