

# NOVEMBER 2021 GROUPX & SPIN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 5:45 SPIN (XP) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9:30 CARDIO-BARRE ANDY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YIN CARYN 6 CARDIO & CORE MEGAN 6 SPIN (XP) NIKKI	<b>2</b> 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE MICHAEL 9:30 3-2-1 ANDY 9:30 CARDIO BOX (GYM) SHIRIN 9:30 SPIN (B&B) MEGAN 5:30 HATHA MELISSA 6:30 KICKBOXING CHARLIE	<b>3</b> 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 CARDIO INTERVAL (GYM) PATTY 9:30 STRICTLY STRGTH ABBY 11 MUSCLE MAX LT VICTORIA 12 SPIN (C4LIFE) JOE 6 SPIN (B&B) ADRIENNE 6:30 VINYASA LAUREN	<b>4</b> 6 BOOTCAMP( GYM 50 M) LIZ 8:30 PILATES CORE ERICA 9:15 SPIN (XL) 75MIN SHIRIN 10 SLOW FLOW VINYASA CARYN 4 RESTORATIVE YOGA MICHAEL 5:30 STRICTLY STRGTH MEGAN 6:30 KICKBOXING CHARLIE	<b>5</b> 6 SPIN (B&B) LIZ 8 HATHA MICHAEL 8 EARLY BOX SHIRIN 9:30 CARDIO BOX ABBY 9:30 CIRCUIT STRNTH ANDY 10:30 <b>GLUTES &amp; CORE (45MIN)</b> ABBY	<b>6</b> 8 SPIN (AT) AMIRA 8 HATHA SUE 9 BOOTCAMP (GYM) MEGAN 9:15 STEP & WEIGHTS PATTY 10:30 PILATES LAURA 11 KICKBOXING CHARLIE
<b>7</b> 7:30 PILATES PATTI 9 SPIN (AT) LIZ 9:30 CARDIO BAR+ LAURA 10 HATHA MELISSA 10 BOOTCAMP (GYM) ABBY	<b>8</b> 5:45 SPIN (XP) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9:30 CARDIO-BARRE ANDY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YIN CARYN 6 CARDIO & CORE MEGAN 6 SPIN (XP) NIKKI	<b>9</b> 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE MICHAEL 9:30 CARDIO BOX (GYM) SHIRIN 9:30 3-2-1 ANDY 9:30 SPIN (B&B) MEGAN 5:30 HATHA MELISSA 6:30 KICKBOXING CHARLIE	<b>10</b> 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 CARDIO INTERVAL (GYM) PATTY 9:30 STRICTLY STRGTH ABBY 11 MUSCLE MAX LT VICTORIA 12 SPIN (C4LIFE) <b>CNCLD</b> 6 SPIN (B&B) ADRIENNE 6:30 VINYASA LAUREN	<b>11</b> 6 BOOTCAMP( GYM 50 M) LIZ 8:30 PILATES CORE ERICA 9:15 SPIN (XL) 75MIN SHIRIN 10 SLOW FLOW VINYASA CARYN 4 RESTORATIVE YOGA MICHAEL 5:30 STRICTLY STRGTH MEGAN 6:30 KICKBOXING CHARLIE	<b>12</b> 6 SPIN (B&B) CINDY 8 HATHA MICHAEL 8 EARLY BOX SHIRIN 9:30 CARDIO BOX ABBY 9:30 CIRCUIT STRNTH ANDY 10:30 <b>GLUTES &amp; CORE (45MIN)</b> ABBY	<b>13</b> 8 SPIN (AT) AMIRA 8 HATHA SUE 9 BOOTCAMP (GYM) MEGAN 9:15 STEP & WEIGHTS PATTY 10:30 PILATES MEGAN 11 KICKBOXING CHARLIE
<b>14</b> 7:30 PILATES PATTI 9 SPIN (AT) SHIRIN 9:30 CARDIO BAR+ <b>CNCLD</b> 10 HATHA MELISSA 10 BOOTCAMP (GYM) ABBY	<b>15</b> 5:45 SPIN (XP) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9:30 CARDIO-BARRE ANDY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YIN CARYN 6 CARDIO & CORE MEGAN 6 SPIN (XP) NIKKI	<b>16</b> 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE MICHAEL 9:30 3-2-1 ANDY 9:30 CARDIO BOX (GYM) SHIRIN 9:30 SPIN (B&B) MEGAN 5:30 HATHA <b>KATHLEEN</b> 6:30 KICKBOXING CHARLIE	<b>17</b> 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 CARDIO INTERVAL (GYM) PATTY 9:30 STRICTLY STRGTH ABBY 11 MUSCLE MAX LT VICTORIA 12 SPIN (C4LIFE) JOE 6 SPIN (B&B) ADRIENNE 6:30 VINYASA LAUREN	<b>18</b> 6 BOOTCAMP( GYM) LIZ 8:30 PILATES CORE ERICA 9:15 SPIN (XL) 75MIN SHIRIN 10 SLOW FLOW VINYASA CARYN 4 RESTORATIVE YOGA MICHAEL 5:30 STRICTLY STRGTH <b>AMIRA</b> 6:30 KICKBOXING CHARLIE	<b>19</b> 6 SPIN & STRETCH CINDY 8 HATHA MICHAEL 8 EARLY BOX SHIRIN 9:30 CARDIO BOX ABBY 9:30 CIRCUIT STRNTH ANDY 10:30 <b>GLUTES &amp; CORE (45MIN)</b> ABBY	<b>20</b> 8 SPIN (AT) AMY 8 HATHA SUE 9 BOOTCAMP MEGAN 9:15 STEP & WEIGHTS PATTY 10:30 PILATES LAURA 11 KICKBOXING CHARLIE
<b>21</b> 7:30 PILATES PATTI 9 SPIN (AT) SHIRIN 9:30 CARDIO BAR+ LAURA 10 HATHA <b>CARYN</b> 10 BOOTCAMP (GYM) ABBY	<b>22</b> 5:45 SPIN (XP) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9:30 CARDIO-BARRE ANDY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YIN CARYN 6 CARDIO & CORE MEGAN 6 SPIN (XP) NIKKI	<b>23</b> 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE MICHAEL 9:30 3-2-1 ANDY 9:30 CARDIO BOX (GYM) SHIRIN 9:30 SPIN (B&B) MEGAN 5:30 HATHA MELISSA 6:30 KICKBOXING CHARLIE	<b>24</b> 5:45 SPIN & STRETCH LIZ 8 HATHA MICHAEL 9:30 CARDIO INTERVAL (GYM) PATTY 9:30 STRICTLY STRGTH ABBY 11 MUSCLE MAX LT VICTORIA 12 SPIN (C4LIFE) JOE 6 SPIN (B&B) ADRIENNE 6:30 VINYASA <b>CNCLD</b>	<b>25</b> <b>THANKGIVING SCHEDULE TO COME</b>	<b>26</b> <b>SCHEDULE TO COME</b>	<b>27</b> 8 SPIN (AT) AMIRA 8 HATHA SUE 9 BOOTCAMP (GYM) MEGAN 9:15 STEP & WEIGHTS PATTY 10:30 PILATES LAURA 11 KICKBOXING CHARLIE
<b>28</b> 7:30 PILATES PATTI 9 SPIN (AT) SHIRIN 9:30 CARDIO BAR+ LAURA 10 HATHA MELISSA 10 BOOTCAMP (GYM) ABBY	<b>29</b> 5:45 SPIN (XP) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9:30 CARDIO-BARRE ANDY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YIN CARYN 6 CARDIO & CORE MEGAN 6 SPIN (XP) NIKKI	<b>30</b> 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE MICHAEL 9:30 3-2-1 ANDY 9:30 CARDIO BOX (GYM) SHIRIN 9:30 SPIN (B&B) MEGAN 5:30 HATHA MELISSA 6:30 KICKBOXING CHARLIE	PLEASE NOTE THAT SCHEDULE IS SUBJECT TO CHANGE  BHC APP WILL HAVE THE MOST ACCURATE CLASS INFORMATION  REGISTRATION OPENS 48 HOURS PRIOR TO CLASS AND YOU CAN UNREGISTER UP TO 2 HOURS BEFORE CLASS STARTS,	TRY OUR NEW PILATES REFORMER DROP IN CLASSES ( T / TH / SAT ) SIGN UP ONLINE OR BHC APP		