

NOVEMBER

VIEW OUR SCHEDULE ONLINE

bethanyathleticclub.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 6:25am Cycle Herb CS	5:30am - 6:30am LesMills BodyPump Kari GX	5:15am - 6:10am Cycle Sculpt Sierra CS	5:30am - 6:30am LesMills BodyPump Kari GX	5:30am-6:30am Cycle Herb CS		
5:30am - 6:25am Barre Burn Kari MB	5:30am - 6:30am Sunrise Yoga Mo MB	5:30am - 6:25am Barre Burn Kari MB	5:30am - 6:30am Sunrise Yoga Mo MB	5:30am - 6:25am Cardio Xtreme Michele GX		
7:00am - 7:55am Mat Pilates Stephanie MB	8:30am - 9:15am Body Works Sierra GX	7:00am - 7:55am Mat Pilates Stephanie MB		8:15am - 9:10am Fitness Basics Helena GX	8:00am - 8:55am LesMills BodyPump Mallory GX	8:15am - 9:10am Yoga Basics Mo MB
8:15am - 9:10am Fitness Basics Helena GX	9:00am - 9:55am Aqua Zumba Stephanie SP	8:15am - 9:10am Fitness Basics Helena GX		8:20am - 9:10am Booty Barre Burn Sierra MB	8:00am - 8:55am Yoga Force Ethan MB	8:15am - 9:10am Kickboxing Circuit Raelyne GX
8:15am - 9:10am Barre Strength Diane MB	9:15am - 9:30am Ab Lab Sierra GX	8:15am - 9:10am Barre Strength Diane MB	8:30am - 9:25am Iyengar Yoga Nuvana MB	9:00am - 9:55am Aqua Fusion Ithica SP	9:00am - 9:55am Strong by Zumba Michelle GX	8:30am - 9:25am Cycle Mallory CS
9:00am - 9:55am Aqua Fusion Tyler SP	9:15am - 10:10am Yoga Basics BAC Staff MB	9:00am - 9:55am Aqua Zumba Ithica SP	8:30am - 9:15am Body Works Sierra GX	9:30am - 10:25am Cycle Sierra CS	9:00am - 9:55am Aqua Fitness Ithica SP	9:30am - 10:25am Cardio Xtreme Mallory GX
9:15am - 10:10am Cycle Michaela CS	9:30am - 10:25am TRX Circuit Diane BC	9:15am - 10:10am Cycle Patrick CS	9:15am - 10:00am Beginning Cycle Jen CS	9:15am - 10:45am TRX H.I.I.T Circuit Michele BC	9:15am - 10:10am Cycle Mallory CS	10:15am - 11:10am Iyengar Yoga Nuvana MB
9:15am - 10:10am Yoga Flow BAC Staff MB	9:30am - 10:30am Cardio Sculpt Sierra GX	9:15am - 10:10am Yoga Basics Jamie MB	9:15am - 9:30am Ab Lab Sierra GX	9:15am - 10:10am Les Mills BodyPump Diane GX		11:15am - 12:10pm Iyengar Yoga Nuvana MB
9:15am - 10:10am H.I.I.T Blast Michele GX	10:30am - 11:25am Yoga Flow Diane MB	9:15am - 10:10am H.I.I.T Blast Michele GX	9:00am - 9:55am Aqua Fitness Ithica SP	9:25am - 10:20am Gentle Yoga Sally MB	10:00am - 11:25am Zumba Toning/Blend Allison GX	4:00pm - 4:55pm Yin Yoga Jamie MB
10:10am - 10:25am Ab Lab Michele GX	10:30am - 11:25am Circuit Training Sally BC	10:10am - 10:25am Ab Lab Michele GX	9:30am - 10:25am Iyengar Yoga Nuvana MB	10:30am - 11:25am Iyengar Yoga Nuvana MB	10:30am - 11:25am Family Cycle (9+) Mallory	5:00pm - 5:55pm Tai Chi Jamie GX
10:30am - 11:25am Melt Lila MB	10:30am - 11:45am Power Mat Pilates Sierra GX	10:30am - 11:25am Yin Yoga Jamie MB	9:30am - 10:30am TRX Circuit Diane BC	11:00am - 11:55am Strong by Zumba Natalia GX	10:15am - 11:10am Dancing at the Barre Ethan MB	6:15pm - 7:10pm Zumba Tyler GX
10:30am - 11:25am Balance & Strength Sally GX		10:30am - 11:25am Balance & Strength Sally GX	9:30am - 10:30am Cardio Sculpt Sierra GX		11:30am - 12:25pm Family Yoga Mo MB	
11:35am - 12:30pm Yoga Flow Lila MB	11:35am - 12:30pm Gentle Yoga Sally MB	12:00pm - 12:55pm Dancing at the Barre Ethan MB	10:30am - 11:25am Yoga Flow Diane MB	11:30am - 12:25pm Meditative Yoga Nuvana MB		
	12:00pm - 12:55pm Zumba Natalia GX	12:00pm - 12:55pm LesMills BodyPump Kristi GX	10:30am - 11:45am Power Mat Pilates Sierra GX	12:00pm - 12:55pm Zumba Nancy GX		
12:00pm - 12:55pm Cycle Sculpt Sierra CS		12:00pm - 12:55pm Cycle TRX Michaela CS		12:30pm - 1:30pm Mat Pilates Stephanie MB		
12:00pm - 12:55pm LesMills BodyPump Diane GX		1:00pm - 1:55pm Gentle Yoga Fabiola MB	11:35am - 12:30pm Yoga Basics Sally MB			
1:00pm - 1:30 Booty Barre Express Sierra MB	4:00pm - 5:25pm Ballet Basics Ethan MB	1:05pm - 2:00pm Tai Chi Jamie GX	12:00pm - 12:55pm Zumba Toning Allison GX			
5:15am - 6:10am REFIT Dance Fitness Megan GX	5:30pm - 6:25pm H.I.I.T. Blast Michaela GX	5:15pm - 5:45pm Thirty 2 Burn Melanie GX	5:30pm - 6:25pm H.I.I.T. Blast Helena GX	5:30pm - 6:25pm Zumba Sylvia GX		
5:30pm - 6:25pm Deep Release Yoga Lanae MB	5:30pm - 6:25pm POP Pilates Nisi MB	5:45pm - 6:15pm BAC Strength Melanie GX	5:30pm - 6:25pm Flex&Flow Chloe MB	6:00pm - 7:30pm Yin Yang Yoga Jamie MB		
6:00pm - 7:00pm Cycle Patrick CS	6:00pm - 6:45pm TRX Circuit Patrick BC		6:15pm - 7:10pm Kickboxing Raelyne ATR			
6:15pm - 7:10pm LesMills BodyPump Mallory GX	6:00pm - 6:55pm Beginning Cycle Herb CS	6:25pm - 7:20pm Power Bar Melanie GX	6:30pm - 7:45pm Yoga Meditative Moves Kiyoko MB			
6:30pm - 7:25pm Yoga Fusion Jamie MB	6:30pm - 7:25pm Deep Release Yoga Lanae MB	6:30pm - 7:25pm Iyengar Yoga Nuvana MB	6:35pm - 7:30pm REFIT Dance Fitness Megan GX			
7:15pm - 8:10pm Zumba Sylvia GX	6:35pm - 7:30pm Zumba Allison GX	7:30pm - 8:25pm Zumba Sylvia GX	7:50pm - 8:25pm Cardio Barre Xpress Michaela MB			
7:30pm - 8:25pm Cardio Barre Samantha MB		7:30pm - 8:25pm Iyengar Yoga Nuvana MB	8:15pm - 9:15pm Zumba Toning Natalia GX			



BETHANY
ATHLETIC CLUB

AT | Athletic Training
BC | Basketball Court
CS | Cycle Studio
GX | Group X
MB | Mind & Body
SP | SwimmingPool

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