



**NOVEMBER 2024**

217 ½ N Houston – Comanche  
 (Entrance on Duncan St)  
 www.BeneFITStudio.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Yoga 26 12:40pm Yoga Flow	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm HOT Yoga	5:30am QuickBurn40 8:30am HOT Yoga (audio) 6:00pm NO CLASS		9:00am Yoga Flow w/ Hayden
4	5	6	7	8	9
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Yoga 26 12:40pm Yoga Flow	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm HOT Yoga	5:30am QuickBurn40 8:30am Hot Yoga 6:00pm Yoga Flow w/ Hayden	8:30am LIFT30	9:00am Yoga Flow w/ Hayden
11	12	13	14	15	16
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Yoga 26 12:40pm Yoga Flow	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm Hot Yoga	5:30am QuickBurn40 8:30am HOT Yoga 6:00pm Yoga Flow w/ Hayden		9:00am QuickBurn40
18	19	20	21	22	23
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Yoga 26 12:40pm Yoga Flow	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm HOT Yoga	5:30am QuickBurn40 8:30am HOT Yoga 6:00pm Yoga Flow w/ Hayden	8:30am LIFT30	9:00am Yoga Flow w/ Hayden
25	26	27	28	29	30
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Yoga 26 12:40pm Yoga Flow	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm NO CLASS	HAPPY THANKSGIVING!		9:00am QuickBurn40 w/ Heather

- ☀️ New Client Intro Special (2 weeks of UNLIMITED CLASSES): \$25.00
- ☀️ DROP-IN CLASS: \$12.00
- ☀️ PREPAID PUNCH CARD (5 Classes): \$50.00
- ☀️ UNLIMITED MONTHLY CLASSES: \$100.00
- ☀️ Private Session: \$30.00
- ☀️ Fitness & Nutrition Coaching: Check Availability

Barre+Kickbox+Step=CARDIO BURN is a 50-minute class. All levels.  
 QuickBurn40 is a 40-minute interval class. All levels.  
 Yoga at 12:40pm is a 45-minute class. All Levels.  
 HOT Yoga please bring water, towel, and yoga mat.  
 Highlight denotes class substitution and/or new class.  
 If you are looking for a specific time or a specific class and it is not on our calendar, please contact us and let us know.