



June 2025

217 ½ N Houston – Comanche

(Entrance on Duncan St)

www.BeneFITStudio.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Yoga Flow 5:30pm LIFT30	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am HOT Yoga	8:30am LIFT30	9:00am QuickBUrn40
9	10	11	12	13	14
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Yoga Flow 5:30pm LIFT30	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am Hot Yoga	8:30am LIFT30	9:00am QuickBurn40
16	17	18	19	20	21
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Yoga Flow 5:30pm LIFT30	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am HOT Yoga	8:30am LIFT30	9:00am QuickBurn40
23	24	25	26	27	28
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Yoga Flow 5:30pm LIFT30	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am HOT Yoga	8:30am NO CLASS	9:00am NO CLASS
30	1	2	3	4	5
8:30am Barre+Box+Sep 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Yoga Flow 5:30pm LIFT30	8:30am QuickBurn40 12:40p Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am HOT Yoga	8:30am LIFT30	9:00am QuickBurn40

☀️ 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.

LIFT30 is a 30-minute weight lifting 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.