



October 2025

217 ½ N Houston – Comanche

(Entrance on Duncan St)

www.BeneFITStudio.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Core Yoga Flow 5:30pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am HOT Yoga 12:40pm Stretch & Flow Yoga	8:30am LIFT30	9:00am QuickBurn40
6	7	8	9	10	11
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Core Yoga Flow 5:30pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow Yoga	8:30am LIFT30	9:00am QuickBurn40
13	14	15	16	17	18
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Core Yoga Flow 5:30pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 5:30pm QuickBurn40	5:30am QuickBurn40 8:30am HOT Yoga 12:40pm Stretch & Flow Yoga	8:30am LIFT30	9:00am QuickBurn40
20	21	22	23	24	25
8:30am Barre+Box+Step 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Core Yoga Flow 5:30pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am HOT Yoga 12:40pm Stretch & Flow Yoga	8:30am LIFT30	9:00am QuickBurn40
27	28	29	30	31	1
8:30am Barre+Box+Sep 12:40pm Restorative Yoga 5:30pm HOT Yoga	5:30am Barre+Box+Step 8:30am Restorative Wall 12:40pm Core Yoga Flow 5:30pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga Flow 5:30pm Barre/QB40	5:30am QuickBurn40 8:30am HOT Yoga 12:40pm Stretch & Flow Yoga	8:30am LIFT30	9:00am NO CLASS

☀️ New Client Intro Special (2 weeks of UNLIMITED CLASSES): \$25.00

☀️ DROP-IN CLASS: \$15.00

☀️ PREPAID PUNCH CARD (5 Classes): \$60.00

☀️ 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 40-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 change/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.