



November 2025
 117 W Grand – Comanche
 www.BeneFITStudio.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1
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
3	4	5	6	7	8
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
10	11	12	13	14	15
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
17	18	19	20	21	22
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
24	25	26	27	28	29
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	Happy Thanksgiving!	8:30am LIFT30	9:00am QuickBurn40

- ☀ 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.