



March 2026

117 W Grand – Comanche

www.BeneFITStudio.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
8:30am Barre+Box+Step 12:40pm Restorative Yoga <b>6:00pm HOT Yoga</b>	5:30am Barre+Box+Step 8:30am Restorative Wall Yoga 12:40pm Core Yoga Flow <b>6:00pm LIFT30 + Abs</b>	8:30am QuickBurn40 12:40pm Wall Yoga Flow <b>6:00pm QuickBurn40</b>	5:30am QuickBurn40 8:30am Hot Yoga <b>12:40pm NO CLASS</b>	8:30am LIFT30	9:00am QuickBurn40
9	10	11	12	13	14
8:30am Barre+Box+Step 12:40pm Restorative Yoga <b>6:00pm HOT Yoga</b>	5:30am Barre+Box+Step 8:30am Restorative Wall Yoga 12:40pm Core Yoga Flow <b>6:00pm LIFT30 + Abs</b>	8:30am QuickBurn40 12:40pm Wall Yoga Flow <b>6:00pm QuickBurn40</b>	5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow Yoga	8:30am LIFT30	9:00am QuickBurn40
16	17	18	19	20	21
8:30am Barre+Box+Step 12:40pm Restorative Yoga <b>6:00pm HOT Yoga</b>	5:30am Barre+Box+Step 8:30am Restorative Wall Yoga 12:40pm Core Yoga Flow <b>6:00pm LIFT30 + Abs</b>	8:30am QuickBurn40 12:40pm Wall Yoga <b>6:00pm QuickBurn40</b>	5:30am QuickBurn40 8:30am HOT Yoga <b>12:40pm NO CLASS</b>	8:30am LIFT30	9:00am QuickBurn40
23	24	25	26	27	28
8:30am Barre+Box+Step 12:40pm Restorative Yoga <b>6:00pm HOT Yoga</b>	5:30am Barre+Box+Step 8:30am Restorative Wall Yoga 12:40pm Core Yoga Flow <b>6:00pm LIFT30 + Abs</b>	8:30am QuickBurn40 12:40pm Wall Yoga Flow <b>6:00pm QuickBurn40</b>	5:30am QuickBurn40 8:30am HOT Yoga 12:40pm Stretch & Flow Yoga	8:30am LIFT30	9:00am QuickBurn40
30	31	1	2	3	4
8:30am Barre+Box+Sep 12:40pm Restorative Yoga <b>6:00pm HOT Yoga</b>	5:30am Barre+Box+Step 8:30am Restorative Wall Yoga 12:40pm Core Yoga Flow <b>6:00pm LIFT30 + Abs</b>	8:30am QuickBurn40 12:40pm Wall Yoga Flow <b>6:00pm QuickBurn40</b>	5:30am QuickBurn40 8:30am HOT Yoga 12:40pm Stretch & Flow Yoga	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.