

2026

CALENDAR YEAR

APRIL

CALENDAR MONTH

MONDAY

BeneFIT Studio - Yoga,
Barre, & More
117 W Grand, Comanche
512-801-3717

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	31 5:30am Barre 8:30am Restorative Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	01 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	02 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow	03 8:30am LIFT30	04 9:00am QuickBurn40	05
06 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	07 5:30am Barre 8:30am Restorative Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	08 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	09 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow	10 8:30am LIFT30	11 9:00am QuickBurn40	12
13 8:30am QuickBurn40 12:40pm Restorative Yoga 6:00pm Hot Yoga (Audio)	14 5:30am Barre 8:30am Restorative Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	15 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	16 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow	17 8:30am LIFT30	18 9:00am QuickBurn40	19
20 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	21 5:30am Barre 8:30am Restorative Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	22 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	23 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow	24 8:30am LIFT30	25 9:00am QuickBurn40	26
27 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	28 5:30am Barre 8:30am Restorative Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	29 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	30 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm NO CLASS	01 8:30am LIFT30	02 9:00am QuickBurn40	03
04 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	05 5:30am Barre 8:30am Restorative Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	06 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	07 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow	08 8:30am LIFT30	09 9:00am QuickBurn40	10