

AUGUST 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	28 5:30am Barre 8:30am Restorative Wall 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 6:00pm LIFT30 + Abs	31 8:30am LIFT30	1 9:00am QuickBurn40
3 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	4 5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	5 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	6 5:30am QuickBurn40 8:30am Hot Yoga (audio) 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	7 8:30am LIFT30	8 9:00am QuickBurn40
10 8:30am QuickBurn40 12:40pm Restorative Yoga 6:00pm Hot Yoga (audio)	11 5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	12 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	13 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	14 8:30am LIFT30	15 9:00am QuickBurn40
17 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	18 5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	19 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	20 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	21 8:30am LIFT30	22 9:00am QuickBurn40
24 8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	25 5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	26 8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	27 5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	28 8:30am LIFT30	29 9:00am QuickBurn40

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

Drop-in Class: \$15.00

Pre-Paid Class Pass (5 Classes): \$60.00

Unlimited Monthly Classes: \$100.00

Private Session: \$30.00

Fitness & Nutrition Coaching: Check Availability

Barre: Barre, Kickboxing, Step, Weights = Cardio Burn: 50 Minutes, all levels

QuickBurn40: Cardio, Weights, Interval Class. 40 minutes, all levels

Yoga/Pilates (12:40pm): 40 minutes, all levels

LIFT30: Weight lifting class. 30 minutes, all levels

Hot Yoga: Temp 95*, Humidity 40%. 50 minutes, all levels (towel/ water recommended)

Highlight denotes class change/substitution and/or new class

Address: 117 W Grand, Comanche

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