NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	6:00am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	6:00am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40
9	10	11	12	13	14
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	6:00am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	6:00am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40
16	17	18	19	20	21
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	6:00am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	6:00am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40
23	24	25	26	27	28
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	6:00am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	Happy Thanksgiving!	No CLASS	NO CLASS
30	1	2	3	4	5
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	6:00am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	6:00am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40

New Student Intro Special (2 weeks of UNLIMTED 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 **Phone: 512-801-3717** **Website: BeneFITStudio.net**