

MARCH 2022 Classes at Beeston Hill Health and Wellness

HOURS MON-FRI 5AM-9PM

SAT, SUN & HOLIDAYS 7AM-2 PM

GYM CLOSED NOON TO 1 PM WEEKDAYS

(340) 778-8888

gym@beestonhealth.com

NO CLASSES SATURDAY, MARCH 26TH

Note ***Basic*** Classes are included in Membership, all other classes are an additional fee**

MONDAY

***Basic* RealRyder Cycling w/ Roberta 5:00 AM**

Basic* Funky Vinyasa w/ Erin 7:00 AM **NEW*

Pilates with Aziyza 8:00 -9:00 AM

Nia with Aziyza 9:00-10:00 AM

Kids Kickboxing (7-13) 5-6 PM ***Sign Up Required***

Brazilian Jiu Jitsu with Eric R. (adults) 6:00-7:00 PM

King Cobra Taekwondo with Positive Nelson* (ages 5 – 8) 6:00-7:00 PM

King Cobra Taekwondo with Positive Nelson* (ages 9 and up) 6:45 -8:00 PM ***ADVANCED***

TUESDAY

***Basic* Pump with Morina 6 AM**

***Basic* Water Aerobics 8:30-9:30**

***Basic* Restorative Yoga w/ Priscilla 10**

Kids BJJ (7-13) 5-6 PM

***Basic* Gravity Yoga w/ Patricia 5:30-6:30 PM**

Boxing with Eric T. 5:30-6:45

Brazilian Jiu Jitsu with Eric R. 6-7 PM

RealRyder Cycling w/ Ziggi 7-7:45 PM

WEDNESDAY

RealRyder Cycling w/ Roberta 5:00 AM

***Basic* POUND w/ Morina 6:00 AM**

Basic* Vinyasa Flow Yoga w/ Patricia 7:00 AM ***NEW**

Pilates with Aziyza 8:00 -9:00 AM

***Basic* Sr. HIT FIT with Aziyza 9:00 AM**

Kids Kickboxing 5:00-6:00 PM ***Sign Up Required***

Brazilian Jiu Jitsu with Eric R. (adults) 6:00-7:00 PM

King Cobra Taekwondo with Positive Nelson* (ages 5 – 8) 6:00-7:00 PM

King Cobra Taekwondo with Positive Nelson* (ages 9 and up) 6:45 -8:00 PM ***ADVANCED***

THURSDAY

***Basic* Pump with Morina 6 AM**

***Basic* Water Aerobics 8:30-9:30**

***Basic* Floor, Core & More w/ Khnuma 9:00-10:00 AM**

***Basic* Restorative Yoga 10:00-11:00**

Kids BJJ (7-13) 5:00-6:00 PM

Boxing with Eric T. 5:30-6:45 PM

Brazilian Jiu Jitsu with Eric R. 6 PM

RealRyder Cycling w/ Ziggi 7-7:45 PM

FRIDAY

RealRyder Cycling w/ Roberta 5:00 AM

***Basic* CORE with Morina 6 AM**

Pilates with Aziyza 8:00-9:00 AM

***Basic* Sr. HIT FIT with Aziyza 9:00-10:00 AM**

Brazilian Jiu Jitsu with Eric R. (adults) 6:00-7:00 PM

SATURDAY

***Basic* Pump with Morina 7 AM**

Basic* FLOW with Morina 8:00 AM *No Class 3/26

***Basic* Aqua Soca w/ Priscilla 8:30-9:30 AM**

Basic* Stepping Out with Jomo 9:00-10:00 AM *No Class 3/26

Sexy SoKh® Sampler w/ Khnuma 10:00-11:00 AM ****dates TBD****

***Basic* Poolates with Priscilla 9:30-10:30 AM**

King Cobra Taekwondo with Positive Nelson 11:00 AM -1:45 PM

SUNDAY

***Basic* Sunday Sampler w/ Morina 8 AM**

***Basic* Water Aerobics w/Priscilla 8:30-9:30**

Please call to confirm. Schedule and all Classes Subject to Change.

Call (340) 778-8888 or email gym@beestonhealth.com for more information.