

JUNE 2022 Classes at Beeston Hill Health and Wellness

*****No Classroom Classes through Friday, June 10*****

FREE Health & Fitness Day, Saturday, June 18th

*****CLOSED MONDAY, JUNE 20TH FOR JUNETEENTH*****

HOURS MON-FRI 5AM-9PM

SAT, SUN & HOLIDAYS 7AM-2 PM

GYM CLOSED NOON TO 1 PM WEEKDAYS

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

MONDAY

***Basic* RealRyder with Roberta**
5:00 AM

***Basic* Vinyasa Yoga w/ Erin**
7:00 AM

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

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

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

TUESDAY

***Basic* Pump with Morina 6:00 AM**

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

***Basic* Restorative Yoga w/ Priscilla**
10:00 AM

***Basic* Gravity Yoga w/ Patricia**
5:45-6:45 PM

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

RealRyder Cycling w/ Ziggi
7:00-7:45 PM

WEDNESDAY

RealRyder with Roberta
5:00 AM

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

***Basic* Vinyasa Flow Yoga with Patricia**
7:00 AM

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

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

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

THURSDAY

***Basic* Pump with Morina**
6:00 AM

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

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

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

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

RealRyder Cycling w/ Ziggi 7-7:45 PM

FRIDAY

RealRyder with Roberta
5:00 AM

***Basic* CORE with Morina**
6:00 AM

***Basic* Caribbean Dance Fusion with Roberta or Khnuma**
5:30 PM

SATURDAY

***Basic* Pump with Morina 7:00 AM**

***Basic* Power Yoga w/ Morina 8:00 AM**

***Basic* Steppin' Out with Jomo 9:00 AM (DATES TBD)**

***Basic* Aqua Soca with Priscilla**
8:30-9:30 AM

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

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

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

SUNDAY

***Basic* Water Aerobics w/Priscilla**
8:30 AM

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

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