

JULY 2022 Classes at Beeston Hill Health and Wellness

*****AZIYZA Returns Monday, July 13th, MORINA Gone All July *****

*****CLOSED MONDAY, JULY 4TH *****

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* Vinyasa
Yoga with 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

***Basic* RealRyder
with Roberta
NEW TIME
7:00-7:45 PM**

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

TUESDAY

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

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

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

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

WEDNESDAY

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

***Basic* Gravity
Yoga (Outside)
with Patricia
5:30 PM
*NEW TIME***

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

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

RealRyder with
Roberta ***NEW TIME*
7:00-7:45 PM**

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

THURSDAY

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

***Basic* Floor, Core
& More
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

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

RealRyder with
Roberta ***NEW TIME*
7:00-7:45 PM**

SATURDAY

***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
July 2nd, 9th & 23rd

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

SUNDAY

***Basic* Water
Aerobics w/Priscilla
8:15 AM**

Please call to confirm. Schedule and all Classes Subject to Change.
Call (340) 778-8888 or email gym@beestonhealth.com for more information.