

FEBRUARY 2024 Classes at Beeston Hill

HOURS MON-FRI 5 AM-9 PM SAT, SUN & HOLIDAYS 7 AM-2 PM GYM CLOSED NOON TO 1 PM WEEKDAYS

****OPEN 7 AM – 2 PM Monday, February 19, 2024****

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

MONDAY

Pilates with Aziyza
8 AM

**Basic* Nia with
Aziyza
9 AM**

**SWIM LESSONS
with Coach Kie**
3:30-5:30 PM
**PRIVATE – by Signup
Only)*

King Cobra
Taekwondo with
Positive Nelson*
6-8 PM
(ALL LEVELS)

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

TUESDAY

**Basic* PUMP with
Morina 6 AM*

**Basic* Move &
Groove for Seniors
with Khnuma 9 AM*

**Basic* Water
Aerobics 8:30 AM*

**Basic* Restorative
Yoga with Priscilla
10 AM*

**Basic* Superstar
Strength with
Roberta
11 AM*

**SWIM LESSONS
with Coach Kie**
3:30-5:30 PM
**PRIVATE – by Signup
Only)*

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

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

WEDNESDAY

**Basic* CORE with
Morina 6 AM*

**Basic* Vinyasa
Yoga with Brin
7 AM*

Pilates with Aziyza
8 AM

**Basic* Sr Hit Fit
with Aziyza
9 AM**

**SWIM LESSONS
with Coach Kie**
3:30-5:30 PM
**PRIVATE – by Signup
Only)*

King Cobra
Taekwondo with
Positive Nelson*
6-8 PM

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

THURSDAY

**Basic* PUMP with
Morina 6 AM*

**Basic* Floor, Core
& More with
Khnuma 9 AM*

**Basic* Water
Aerobics 8:30 AM*

**Basic* Restorative
Yoga with Priscilla
10 AM*

**Basic* Superstar
Strength with
Roberta
11 AM*

**SWIM LESSONS
with Coach Kie**
4:00-6:00 PM
**PRIVATE – by Signup
Only)*

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

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

FRIDAY

**Basic* CORE with
Morina 6 AM*

Pilates with Aziyza
8 AM

**Basic* Sr Hit Fit
with Aziyza
9 AM**

SATURDAY

**Basic* PUMP with
Morina 7 AM*

**Basic* AquaSoca
with Priscilla 8:30*

**Basic* Cardio
Kickboxing with
Stephanie 9 AM*

**Basic* Poolates
with Priscilla 9:30*

**SWIM LESSONS
with Coach Kie**
10:00 AM – 1:00 PM
**PRIVATE – by Signup
Only)*

PLATINUM Sexy
SoKh® Sampler with
Khnuma 10 AM
2/3 & 2/10 ONLY

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

SUNDAY

**Basic* Water
Aerobics with
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.