

JANUARY 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

****GYM CLOSED JANUARY 1 & 6, 2024****

FREE HEALTH DAY Saturday, JANUARY 20THth

****OPEN 7 AM – 2 PM JANUARY 15TH, 2024****

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

MONDAY

RealRyder with
Roberta 5 AM
starting 1/8/24

**Basic* PUMP with
Morina 6 AM
(No Class January 8-12)*

Pilates with Aziyza
8 AM

**Basic* Nia with
Aziyza
9 AM**

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

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

TUESDAY

**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
*starting 1/9/24**

BOXING with Eric T.
5:30-6:45 PM
Starting 1/9/24

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

WEDNESDAY

RealRyder with
Roberta 5 AM
starting 1/10/24

**Basic* PUMP with
Morina 6 AM
(No Class January 8-12)*

**Basic* Vinyasa
Yoga with Brin
7 AM*

Pilates with Aziyza
8 AM

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

King Cobra
Taekwondo with
Positive Nelson*
6-8 PM

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

THURSDAY

**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
*starting 1/11/24**

BOXING with Eric T.
5:30-6:45 PM
Starting 1/11/24

Brazilian Jiu Jitsu
with Justin (adults)
7 PM

FRIDAY

RealRyder with
Roberta 5 AM
starting 1/12/24

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*

PLATINUM Sexy
SoKh® Sampler with
Khnuma 10 AM
**January 13th and
27th ONLY**

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

SUNDAY

**Basic* Water
Aerobics with
Priscilla 8 AM*

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

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