



BER'S BOWL 2026



acac Midlothian Schedule

FRIDAY 2/6
4:30pm Drums Alive®
4:30pm Studio RIDE
5:15pm LES MILLS CORE™
5:00pm Cheeky
5:00pm Vinyasa Happy Hour
5:30pm CH-Armed
6:00pm BODYPUMP™
6:15pm Dance Burn

SATURDAY 2/7
8:00am BODYPUMP™
8:15am Barre Burn
8:30am Studio Ride
9:15am BODYCOMBAT™
9:30am Aqua Tabata
9:30am BODYBALANCE™
9:30am Studio Ride
10:00am Hatha Yoga
10:30am Zumba®
10:30am Aqua Barre & Strength
10:45am NIA
11:15am Vin/Yin
11:45am Step 30
11:45am Line Dancing
12:30pm BODYPUMP™
12:45pm LM PILATES 30/ BODYBALANCE™ 30

SUNDAY 2/8
8:15am BODYPUMP™
8:15am RPM™
9:00am Yoga Foundations
9:15am LES MILLS CORE™
9:15am BODYCOMBAT™
10:00am RPM™
10:00am WATERinMOTION® Plus
10:00am Athletic Conditioning
10:15am BODYBALANCE™
10:30am Vinyasa
11:00am Simply Strength
11:00am Barre Burn
12:00pm Nidra and Yin Yoga
12:15pm Family High Fitness

Attend any group exercise class & we'll donate \$1 per class to Cookies for Kids' Cancer. Bring a guest and we'll donate \$5 per class they attend!