



CLASS SCHEDULE

CROSSFIT 60 MIN CLASSES

6:00 am	MON - FRI
6:30 am	MON - FRI
7:00 am	MON - FRI
7:45 am	MON - FRI
9:00 am	MON - SAT
11:00 am	MON - SAT
12:15 pm	MON - FRI
4:00 pm	MON - FRI
5:15 pm	MON - FRI
6:30 pm	MON - FRI
7:45 pm	MON - THU

9a, 10, 11, 12p	SAT
9:15a, 10:30, 1p	SUN

BARBELL CLUB 75 MIN CLASSES

8:15 am	TUE + THU
6:00 pm	TUE + THU

KICKBOXING 60 MIN CLASSES

9:00 am	MON - THU
6:45 pm	MON - WED
12:30 pm	FRI
10:30am	SAT

BIX 60 MIN CLASSES

6:45 am	TUE - FRI
8:00 am	MON - SUN
9:15 am	MON - SUN
4:15 pm	MON - FRI
5:30 pm	MON - FRI
6:45 pm	MON - FRI

8a, 9:15, 11:45	SAT + SUN
10:30 am	SAT *BIXC

YOGA 60 MIN CLASSES

9:15 am	SAT
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BIBODY 60 MIN CLASSES

5:00 pm	FRI (UPPER BODY)
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JOHN LEWIS BJJ 75 MIN CLASSES

8:00 pm	MON
6:45 pm	THU
12:00 pm	SAT

S.P.E. AT BHHS TRACK 60 MIN CLASS

10:00 am	SUN
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GYMNASTICS 60 MIN CLASS

6:00 pm	WED
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