



CLASS SCHEDULE

CROSSFIT 60 min.

5:20 am MON - FRI
 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

8:15am, 9:30, SAT
 10:45, 12p
 9:15a, 10:30, 1p SUN

BARBELL CLUB 75 min.

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

KICKBOXING 60 min.

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

10:30 am SAT + SUN

B|X 60 min.

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

8a, 9:15 SAT + SUN

*B|XC 60 min.

10:30 am SAT

B|MOBILE 60 min.

Returning in April!

11:45 am SUN

B|BODY 60 min.

5:15 pm FRI
 (Upper Body)

JOHN LEWIS BJJ 75 min.

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

B|X 45 min.

FRIDAY
 6:45a, 7:45, 8:45, 12:00p,
 4:30, 5:30

B|STRETCH 60 min.

9:15 am SAT

GYMNASTICS 60 min.

6:00 pm WED
 10:15 am SUN

BRICK KIDS 45 min.

4:00 pm TUE + THU

S.P.E 60 min.

10:00 am SUN
 @ BHHS track

*Please see on-line schedule for up-to-date cancellations or modifications | brick.fit/los-angeles/class-schedule/

