



GROUP FITNESS CLASS SCHEDULE

All classes are FREE to members. Drop-Ins welcome - \$7 per class.
Follow us on Facebook & Instagram for snow days and/or extra classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:45 AM	EVERYDAY STRENGTH WAYNE	EVERYDAY STRENGTH WAYNE	EVERYDAY STRENGTH WAYNE	EVERYDAY STRENGTH WAYNE	EVERYDAY STRENGTH WAYNE	EVERYDAY STRENGTH WAYNE
9:00 - 9:45 AM	SENIOR FITNESS WAYNE	SENIOR FITNESS	SENIOR FITNESS WAYNE	SENIOR FITNESS WAYNE	SENIOR FITNESS WAYNE	
10:00 AM - 10:45		YOGA* BARBARA				
5:00 - 5:45 PM	STRENGTH WITH SLY CINDI			YOGA* BARBARA		

BRIKHOUSE GYM • OPEN 24/7

3268 N Main Street, Crossville, TN 38555 • 931-210-5GYM (5496) • info@brikhousedgym.com

*please register with the front desk in person or by phone for yoga