

# BrickHouse Fitness Class Schedule Monday May 10th - Saturday June 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5AM	ARC -Matt	Reverse Pyramid Cardio -Julie	America Needs Farmers -Matt	Kick To The Face -Joe	Just Show Up -Josh	<b>7AM:</b> Biscuits & Gravy -Julie <b>8AM:</b> Game Day Cardio -Julie
6AM	ARC -Matt	Reverse Pyramid Cardio -Julie	America Needs Farmers -Matt	Kick To The Face -Joe	Just Show Up -Josh	
9AM	ARC -Matt	Ray Of Freakin' Sunshine -Julie	America Needs Farmers -Matt	Battle Boxing -Julie	Upper Body Swell -Jammer	
4:15PM	Combat Conditioning -Matt	Ray Of Freakin' Sunshine -Julie	Upper Body Swell -Kaylin	Battle Boxing -Julie		
5PM	ARC -Matt	Ray Of Freakin' Sunshine -Julie	America Needs Farmers -Matt	Battle Boxing -Julie		
6PM	BrickHouse Basics -Chris	Muay Thai -David	BrickHouse Basics -Chris	Muay Thai -David		

## **ARC**

Ten minutes of Agility, twenty minutes of Resistance, ten minutes of Cardio.

## **COMBAT CONDITIONING**

Circuit strength and conditioning with heavy bag work to simulate combat sports.

## **BRICKHOUSE BASICS**

A great well-rounded strength and cardio class for beginners or people looking for modifications.

## **REVERSE PYRAMID CARDIO**

We start off with a big strength movement for maximum weight, and finish off with high-volume cardio work.

## **RAY OF FREAKIN' SUNSHINE**

Same as Reverse Pyramid Cardio, but OUTSIDE to get a nice tan while we sweat.

## **MUAY THAI**

Striking combinations made of up punches, kicks, elbows, and knees on focus mits and target pads.

## **AMERICA NEEDS FARMERS**

Large compound strength movements broke up with some wrestling-style circuits straight from the farm.

## **UPPER BODY SWELL**

Suns out guns out with this upper body strength killer.

## **KICK TO THE FACE**

Kickboxing combos directed straight to the dome.

## **BATTLE BOXING**

Prepare for battle with heavy bag combinations mixed in with challenging battle rope drills.

## **JUST SHOW UP**

It's Friday, so get here and cap off the workweek with this upper body punisher.

## **BISCUITS AND GRAVY**

All legs and abs in this weekend strength format.

## **GAME DAY CARDIO**

Thirty minutes of cardio delivered in the form of dice, card, and board games.