

CBRC Winter 2018 Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Large Studio	5:15	BODYSTEP ATHLETIC 45 Min Express	BODYPUMP	BODYSTEP CLASSIC 45 Min Express	BODYPUMP	BODYATTACK	7:25	CXWORX	
	8:15	BODYVIVE 3.1 55 min class	BODYPUMP 30 Min Express	BODYVIVE 3.1 30 Min Cardio	L-I Aerobics	BODYVIVE 3.1	8:00	BODYPUMP	
	8:45		CXWORX	CXWORX			9:00		BODYPUMP
	9:20	BODYPUMP	BODYCOMBAT	BODYATTACK	BODYCOMBAT	BODYPUMP	9:05	BODYCOMBAT	
	4:15	Kids Groove		Kids Groove			10:10	CXWORX	
	4:30					BODYSTEP ATHLETIC	10:45	Zumba	
	5:05	BODYATTACK	BODYCOMBAT	BODYSTEP ATHLETIC	BODYCOMBAT				
	6:10	BODYCOMBAT	BODYPUMP	CXWORX	BODYPUMP				
	7:15	Zumba							
Small Studio	6:00	CXWORX		CXWORX		CXWORX	8:00	BODYSTEP ATHLETIC	
	8:45				CXWORX		9:00		BODYATTACK 45 Min Express
	9:20	BODYSTEP ATHLETIC	BODYVIVE 3.1 55 min class	BODYPUMP	BODYVIVE 3.1 55 min class	BODYSTEP CLASSIC	9:05	BODYVIVE 3.1 55 min class	
	10:25	CXWORX							
	11:00		Tai Chi		Tai Chi				
	12:00	BODYPUMP	BODYVIVE 3.1	BODYPUMP		BODYCOMBAT 45 Min express			
	4:30		CXWORX						
	5:05	BODYPUMP	BODYVIVE 3.1	BODYPUMP	BODYPUMP				
	6:10				CTY Dance Fitness				
6:45			Zumba						
RPM	5:15	RPM		RPM		RPM	8:00	RPM 60 Min +Class	RPM
	8:15	RPM		RPM		RPM			
	9:20		RPM		RPM				
	4:30					RPM 60 Min +Class			
	5:15	RPM	RPM	RPM 60 Min +Class					
Pilates/Yoga Studio	8:00			Yoga With Props			8:15	Body by Barre 45 Min	
	8:15		TBS		TBS		9:00		Yoga
	8:45	Barre Exp 30 Min				Barre Exp 30 Min	9:15	Pilates	
	9:15	Pilates		Barre Exp 30 Min		Pilates	10:30	Yoga	
	9:45			Pilates Exp 30 Min					
	10:30	Yoga	Iyengar Yoga	Yoga	Iyengar Yoga	Power Yoga			
	12:00	Body by Barre 45 Min			Body by Barre 45 Min				
	4:30	Pilates + Barre Fusion		Pilates Core Conditioning					
	5:15	Yoga	Pilates	Iyengar Yoga	Pilates				
	6:30	Yin Yoga	BUTI Yoga	Body by Barre 45 Min	Yin Yoga				