

CBRC Spring 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	8:00	BODYPUMP	BODYATTACK 45 Min Express
	8:15	tone <small>LODOWLE</small>	BODYPUMP 30 Min Express	tone <small>LODOWLE</small>	L-I Aerobics	tone <small>LODOWLE</small>	9:00		BODYPUMP
	8:45		CXWORX				9:05	BODYCOMBAT	
	9:20	BODYPUMP	BODYCOMBAT	BODYATTACK	BODYCOMBAT	BODYPUMP	10:10	CXWORX	
	12:00					HIIT Pilates	10:45	Zumba	
	4:15	Kids Zumba	Kids Combat	Kids Groove					
	4:30					BODYSTEP ^{ATHLETIC}			
	5:05	BODYATTACK	BODYCOMBAT	BODYSTEP ^{ATHLETIC}	BODYCOMBAT				
	6:10	BODYCOMBAT	BODYPUMP	CXWORX	BODYPUMP				
7:15	Zumba								
Small Studio	6:00	CXWORX		CXWORX		CXWORX	7:25	CXWORX	
	8:45			CXWORX	CXWORX		8:00	BODYSTEP ^{ATHLETIC}	
	9:20	BODYSTEP ^{ATHLETIC}	BODYVIVE 3.1 55 min class	BODYPUMP	BODYVIVE 3.1 55 min class	BODYSTEP ^{CLASSIC}	9:05	tone <small>LODOWLE</small>	
	10:25	CXWORX							
	11:00		Tai Chi		Tai Chi				
	12:00	BODYPUMP	tone <small>LODOWLE</small>	BODYPUMP		BODYCOMBAT 45 Min express			
	4:30	CXWORX	BODYPUMP 30 Minute Express						
	5:05	BODYPUMP	tone <small>LODOWLE</small>	BODYPUMP	BODYPUMP				
6:10				COMMIT Dance Fitness					
6:45			Zumba						
RPM	5:15	RPM	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		9:15	Pilates	
	8:45	Barre Exp 30 Min				Barre Exp 30 Min	9:30		Yoga
	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		BUTI YOGA <small>LODOWLE</small>			
	5:15	Yoga	Pilates	Iyengar Yoga	Pilates				
	6:30	Yin Yoga	BUTI YOGA <small>LODOWLE</small>	Body by Barre 45 Min	Yin Yoga				