

# CBRC Fall 2019 Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
Large Studio	5:15	<b>LES MILLS BODYATTACK</b> 45 Min Express	<b>LES MILLS BODYPUMP</b>	<b>BODYSTEP ATHLETIC</b> 45 Min Express	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>	8:00	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b> 45 Min Express	
	8:00	<b>tone</b>		<b>tone</b>		<b>tone</b>	9:00		<b>LES MILLS BODYPUMP</b>	
	8:15		<b>LES MILLS BODYPUMP</b> 30 Min Express		L-I Aerobics		9:05	<b>LES MILLS BODYCOMBAT</b>		
	8:45		<b>LES MILLS CXWORX</b>	<b>LES MILLS CXWORX</b>			10:10	<b>LES MILLS CXWORX</b>		
	9:20	<b>LES MILLS BODYPUMP</b>	<b>tone</b>	<b>LES MILLS BODYATTACK</b>	<b>tone</b>	<b>LES MILLS BODYPUMP</b>	10:45	Zumba Dance Fitness		
	12:00		<b>BODYSTEP ATHLETIC</b> 45 Min Express		<b>LES MILLS BODYFLOW</b>					
	4:15	Kids Zumba All Ages	Kids Yoga Ages 6 - 12	Kids Groove All Ages						
	4:30				<b>LES MILLS CXWORX</b>	<b>BODYSTEP ATHLETIC</b> 45 Min Express				
	5:05	<b>LES MILLS BODYATTACK</b>	<b>tone</b>	<b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYCOMBAT</b>					
	6:10	<b>tone</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>					
7:15	<b>SHINE</b> DANCE FITNESS									
Small Studio	6:00	<b>LES MILLS CXWORX</b>		<b>LES MILLS CXWORX</b>		<b>LES MILLS CXWORX</b>	7:25	<b>LES MILLS CXWORX</b>		
	8:45	<b>LES MILLS CXWORX</b>			<b>LES MILLS CXWORX</b>	<b>LES MILLS CXWORX</b>	8:00	<b>LES MILLS BODYSTEP</b>		
	9:20	<b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYSTEP</b>				
	11:00		Tai Chi		Tai Chi					
	12:00	<b>LES MILLS BODYPUMP</b> 45 Min Express		<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYCOMBAT</b> 45 Min Express				
	4:30	<b>LES MILLS CXWORX</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b> 30 Min Express						
	5:05	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b> 45 Min Express	<b>LES MILLS BODYPUMP</b>					
	5:35		<b>LES MILLS CXWORX</b>							
	6:10		Zumba Dance Fitness							
	6:45			Zumba Dance Fitness						
RPM	5:15	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>	7:15		<b>LES MILLS sprint</b>	
	6:05			<b>LES MILLS sprint</b>			8:00	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	
	8:15	<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>	9:05	<b>LES MILLS sprint</b>		
	9:20		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>					
	10:30		<b>LES MILLS sprint</b>		<b>LES MILLS sprint</b>					
	4:30	<b>LES MILLS sprint</b>				<b>LES MILLS RPM</b> 60 Min+ Class				
	5:15	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b> 60 Min+ Class	<b>LES MILLS sprint</b>					
	6:10		<b>LES MILLS sprint</b>		<b>LES MILLS RPM</b>					
Pilates/Yoga Studio	6:00		<b>LES MILLS BODYFLOW</b>			<b>LES MILLS BODYFLOW</b>	8:15	Barre 45 Min		
	8:00			Yoga With Props			9:15	Pilates		
	8:15		TBS		TBS		9:30		Yinaya Yoga	
	8:45	Barre Exp 30 Min				Barre Exp 30 Min	10:30	Vinyasa-Hatha Fusion Yoga		
	9:15	Pilates	Amped Up Barre	Barre Exp 30 Min	Pilates	Pilates				
	9:45			Pilates Exp 30 Min						
	10:30	Functional Vinyasa Yoga	Iyengar Yoga	Vinyasa Yoga	Iyengar Yoga	Amped Up Vinyasa Yoga				
	12:00	Barre 45 Min		HIIT Pilates	Barre 45 Min	HIIT Pilates				
	4:30	Pilates Core Conditioning		Pilates Core Conditioning						
	5:15	Vinyasa Yoga	Pilates	Vinyasa Flow Yoga	Pilates					
	6:30	<b>LES MILLS BODYFLOW</b>	Hatha Yoga	Barre 45 Min	Hatha Yoga					
	Racquet Ball Court #1									
	9:15		Kid's Yoga Flow Ages 4 - 7	Kid's Fit Ages 4 - 7	Kid's Yoga Flow Ages 4 - 7					