

CBRC Fall 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
	8:00	tone		tone		tone	9:00		BODYPUMP
	8:15		BODYPUMP 30 Min Express		L-I Aerobics		9:05	BODYCOMBAT	
	8:45		CXWORX				10:10	CXWORX	
	9:20	BODYPUMP	tone	BODYATTACK	tone	BODYPUMP	10:45	Zumba	
	12:00		tone						
	4:15	Kids Zumba*	Kids Combat*	Kids Groove*					
	4:30					BODYSTEP ATHLETIC			
	5:05	BODYATTACK	tone	BODYSTEP ATHLETIC	BODYCOMBAT				
	6:10	tone	BODYPUMP	BODYCOMBAT	BODYPUMP				
7:15	Zumba								
Small Studio	6:00	CXWORX		CXWORX		CXWORX	7:25	CXWORX	
	8:45	CXWORX		CXWORX	CXWORX		8:00	BODYSTEP ATHLETIC	
	9:20	BODYSTEP ATHLETIC	BODYCOMBAT	BODYPUMP	BODYCOMBAT	BODYSTEP CLASSIC	9:05	tone	
	11:00		Tai Chi		Tai Chi				
	12:00	BODYPUMP 45 Minute Express		BODYPUMP		BODYCOMBAT 45 Min express			
	4:30	CXWORX	BODYPUMP 30 Minute Express						
	5:05	BODYPUMP	BODYCOMBAT	BODYPUMP 45 Minute Express	BODYPUMP				
	6:00			CXWORX					
6:10		SHINE DANCE FITNESS		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	HIIT Pilates			
	4:30	Pilates + Barre Fusion		Pilates Core Conditioning		BUTI YOGA			
	5:15	Yoga	Pilates	Iyengar Yoga	Pilates				
	6:30	Yin Yoga	BUTI YOGA	Body by Barre 45 Min	Yin Yoga				