

# CBRC Fall 2018 Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Large Studio	5:15	<b>BODYSTEP</b> ATHLETIC 45 Min Express	<b>BODYPUMP</b>	<b>BODYSTEP</b> CLASSIC 45 Min Express	<b>BODYPUMP</b>	<b>BODYATTACK</b>	8:00	<b>BODYPUMP</b>	<b>BODYATTACK</b> 45 Min Express
	8:00	<b>tone</b>		<b>tone</b>		<b>tone</b>	9:00		<b>BODYPUMP</b>
	8:15		<b>BODYPUMP</b> 30 Min Express		L-I Aerobics		9:05	<b>BODYCOMBAT</b>	
	8:45		<b>CXWORX</b>				10:10	<b>CXWORX</b>	
	9:20	<b>BODYPUMP</b>	<b>tone</b>	<b>BODYATTACK</b>	<b>tone</b>	<b>BODYPUMP</b>	10:45	Zumba	
	12:00		<b>tone</b>						
	4:15	Kids Zumba*	Kids Combat*	Kids Groove*					
	4:30					<b>BODYSTEP</b> ATHLETIC			
	5:05	<b>BODYATTACK</b>	<b>tone</b>	<b>BODYSTEP</b> ATHLETIC	<b>BODYCOMBAT</b>				
	6:10	<b>tone</b>	<b>BODYPUMP</b>	<b>BODYCOMBAT</b>	<b>BODYPUMP</b>				
7:15	Zumba								
Small Studio	6:00	<b>CXWORX</b>		<b>CXWORX</b>		<b>CXWORX</b>	7:25	<b>CXWORX</b>	
	8:45	<b>CXWORX</b>		<b>CXWORX</b>	<b>CXWORX</b>		8:00	<b>BODYSTEP</b> ATHLETIC	
	9:20	<b>BODYSTEP</b> ATHLETIC	<b>BODYCOMBAT</b>	<b>BODYPUMP</b>	<b>BODYCOMBAT</b>	<b>BODYSTEP</b> CLASSIC	9:05	<b>tone</b>	
	11:00		Tai Chi		Tai Chi				
	12:00	<b>BODYPUMP</b> 45 Minute Express		<b>BODYPUMP</b>		<b>BODYCOMBAT</b> 45 Min express			
	4:30	<b>CXWORX</b>	<b>BODYPUMP</b> 30 Minute Express						
	5:05	<b>BODYPUMP</b>	<b>BODYCOMBAT</b>	<b>BODYPUMP</b> 45 Minute Express	<b>BODYPUMP</b>				
	6:00			<b>CXWORX</b>					
6:10		<b>SHINE</b> DANCE FITNESS		<b>COMMIT</b> Dance Fitness					
6:45			Zumba						
RPM	5:15	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>		<b>RPM</b>	8:00	<b>RPM</b> 60 Min +Class	<b>RPM</b>
	8:15	<b>RPM</b>		<b>RPM</b>		<b>RPM</b>			
	9:20		<b>RPM</b>		<b>RPM</b>				
	4:30					<b>RPM</b> 60 Min +Class			
	5:15	<b>RPM</b>	<b>RPM</b>	<b>RPM</b> 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	Preschool Kids Yoga Flow	Barre Exp 30 Min	Preschool Kids Yoga Flow	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		<b>BUTI YOGA</b> <small>CREATED BY THE BOUTIQUE GROUP OF ALL BRANDS WITH YOUR LIFE</small>			
	5:15	Yoga	Pilates	Vinyasa Flow Yoga	Pilates				
	6:30	Yin Yoga	<b>BUTI YOGA</b> <small>CREATED BY THE BOUTIQUE GROUP OF ALL BRANDS WITH YOUR LIFE</small>	Body by Barre 45 Min	Yin Yoga				
Racquetball Court #3									
12:00		Flex & Engage			Flex & Engage				