

# CBRC Winter 2019 Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Large Studio	5:15	<b>tone</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYSTEP CLASSIC</b>	<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	
	12:00		<b>LES MILLS BODYSTEP ATHLETIC</b> 45 Min Express		<b>tone</b>				
	4:15	Kids Zumba All Ages	Kids Combat Ages 6 - 12	Kids Groove All Ages					
	4:30					<b>LES MILLS BODYSTEP ATHLETIC</b>			
	5:05	<b>LES MILLS BODYATTACK</b>	<b>tone</b>	<b>LES MILLS BODYSTEP ATHLETIC</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	Zumba								
Small Studio	5:15	<b>LES MILLS BODYPUMP</b> 45 Min Express					7:25	<b>LES MILLS CXWORX</b>	
	6:00	<b>LES MILLS CXWORX</b>		<b>LES MILLS CXWORX</b>		<b>LES MILLS CXWORX</b>	8:00	<b>LES MILLS BODYSTEP ATHLETIC</b>	
	8:45	<b>LES MILLS CXWORX</b>			<b>LES MILLS CXWORX</b>	<b>LES MILLS CXWORX</b>			
	9:20	<b>LES MILLS BODYSTEP ATHLETIC</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYSTEP CLASSIC</b>			
	11:00		Tai Chi		Tai Chi				
	12:00	<b>LES MILLS BODYPUMP</b> 45 Min Express	Flex & Engage	<b>LES MILLS BODYPUMP</b>	Flex & Engage	<b>LES MILLS BODYCOMBAT</b> 45 Min Express			
	4:30	<b>LES MILLS CXWORX</b>	<b>LES MILLS BODYPUMP</b> 30 Min Express	<b>LES MILLS BODYATTACK</b> 30 Min Express	<b>LES MILLS CXWORX</b>				
	5:05	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS CXWORX</b>	<b>LES MILLS BODYPUMP</b> 45 Min Express	<b>LES MILLS BODYPUMP</b>				
	6:00			<b>LES MILLS CXWORX</b>					
6:10		<b>SHINE</b> DANCE FITNESS		<b>COMMIT</b> Dance Fitness					
6:45			Zumba						
RPM	5:15	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>	8:00	<b>LES MILLS RPM</b> 60 Min+ Class	<b>LES MILLS RPM</b>
	8:15	<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>	9:15	<b>LES MILLS sprint</b>	
	9:20		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>				
	4:30					<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					
	5:45				<b>LES MILLS RPM</b>				
Pilates/Yoga Studio	6:00		<b>LES MILLS BODYFLOW</b>			<b>LES MILLS BODYFLOW</b>	8:15	Body by Barre 45 Min	
	8:00			Yoga With Props			9:15	Pilates	
	8:15		TBS		TBS		9:30		Yoga
	8:45	Barre Exp 30 Min				Barre Exp 30 Min	10:30	Yoga	
	9:15	Pilates	Amped Up Barre	Barre Exp 30 Min	Pilates	Pilates			
	9:45			Pilates Exp 30 Min					
	10:30	Yoga	Iyengar Yoga	Yoga	Iyengar Yoga	Power Yoga			
	12:00	Body by Barre 45 Min	Hatha Yoga	HIIT Pilates	Body by Barre 45 Min	HIIT Pilates			
	4:30	Pilates Core Conditioning		Pilates Core Conditioning		<b>BUTI YOGA</b>			
	5:15	Yoga	Pilates	Vinyasa Flow Yoga	Pilates				
	6:30		<b>BUTI YOGA</b>	Body by Barre 45 Min	Yin Yoga				
Pre-School Room									
9:15		Kid's Yoga Flow Ages 4 - 7		Kid's Yoga Flow Ages 4 - 7					