

CBRC Summer 2019 Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Large Studio	5:15	LES MILLS BODYATTACK 45 Min Express	LES MILLS BODYPUMP	BODYSTEP ATHLETIC 45 Min Express	LES MILLS BODYPUMP	LES MILLS BODYATTACK	8:00	LES MILLS BODYPUMP	LES MILLS BODYATTACK 45 Min Express
	8:00	tone		tone		tone	9:00		LES MILLS BODYPUMP
	8:15		LES MILLS BODYPUMP 30 Min Express		L-I Aerobics		9:05	LES MILLS BODYCOMBAT	
	8:45		LES MILLS CXWORX	LES MILLS CXWORX			10:10	LES MILLS CXWORX	
	9:20	LES MILLS BODYPUMP	tone	LES MILLS BODYATTACK	tone	LES MILLS BODYPUMP	10:45	Zumba	
	10:30	Kids Zumba All Ages	Kids Yoga Ages 6 - 12	Kids Fit All Ages	Kids Groove All Ages				
	12:00		BODYSTEP ATHLETIC 45 Min Express		LES MILLS BODYFLOW				
	4:30				LES MILLS CXWORX	BODYSTEP ATHLETIC 45 Min Express			
	5:05	LES MILLS BODYATTACK	tone	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT				
6:10	tone	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP					
7:15	Zumba								
Small Studio	6:00	LES MILLS CXWORX		LES MILLS CXWORX		LES MILLS CXWORX	7:25	LES MILLS CXWORX	
	8:45	LES MILLS CXWORX			LES MILLS CXWORX	LES MILLS CXWORX	8:00	LES MILLS BODYSTEP	
	9:20	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP			
	11:00		Tai Chi		Tai Chi				
	12:00	LES MILLS BODYPUMP 45 Min Express		LES MILLS BODYPUMP		LES MILLS BODYCOMBAT 45 Min Express			
	4:30	LES MILLS CXWORX	LES MILLS BODYPUMP 30 Min Express	LES MILLS BODYATTACK 30 Min Express					
	5:05	LES MILLS BODYPUMP	LES MILLS CXWORX	LES MILLS BODYPUMP 45 Min Express	LES MILLS BODYPUMP				
	6:10		Zumba		Dance Fitness				
6:45			Zumba						
RPM	5:15	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM		LES MILLS RPM	7:15		sprint
	6:05			sprint			8:00	LES MILLS RPM	LES MILLS RPM
	8:15	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM	9:05	sprint	
	9:20		LES MILLS RPM		LES MILLS RPM				
	10:30		sprint			sprint			
	4:30					LES MILLS RPM 60 Min+ Class			
	5:15	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM 60 Min+ Class	sprint				
	6:10		sprint						
Pilates/Yoga Studio	6:00		LES MILLS BODYFLOW			LES MILLS BODYFLOW	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					
	5:15	Yoga	Pilates	Vinyasa Flow Yoga	Pilates				
	6:30	LES MILLS BODYFLOW	BUTI YOGA <small>© 2018 LES MILLS LTD. ALL RIGHTS RESERVED.</small>	Body by Barre 45 Min	Yin Yoga				
Racquet Ball Court #1									
9:15		Kid's Yoga Flow Ages 4 - 7		Kid's Yoga Flow Ages 4 - 7					