

CBRC Winter 2020 Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Large Studio	5:15	LESMILLS BODYATTACK	LESMILLS BODYPUMP	LESMILLS BODYSTEP	LESMILLS BODYPUMP	LESMILLS BODYATTACK	8:00	LESMILLS BODYPUMP	LESMILLS BODYATTACK
	7:00					LESMILLS BODYPUMP			
	8:00	tone		tone		tone	9:00		LESMILLS BODYPUMP
	8:15		LESMILLS BODYPUMP		L-I Aerobics		9:05	LESMILLS BODYCOMBAT	
	8:45		LESMILLS CXWORX	LESMILLS CXWORX			10:10	LESMILLS CXWORX	
	9:20	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYATTACK	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	10:45	ZUMBA	
	12:00		LESMILLS BODYSTEP		LESMILLS BODYFLOW				
	4:15	Kids Zumba All Ages	Kids Yoga Ages 6 - 12	Kids Groove All Ages					
	4:30				LESMILLS CXWORX	LESMILLS BODYSTEP			
	5:05	LESMILLS BODYATTACK	tone	LESMILLS BODYSTEP	LESMILLS BODYCOMBAT				
6:10	tone	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP					
7:15	ZUMBA								
Small Studio	6:00	LESMILLS CXWORX		LESMILLS CXWORX		LESMILLS CXWORX	7:25	LESMILLS CXWORX	
	8:45	LESMILLS CXWORX			LESMILLS CXWORX	LESMILLS CXWORX	8:00	LESMILLS BODYSTEP	
	9:20	LESMILLS BODYSTEP	tone	LESMILLS BODYPUMP	tone	LESMILLS BODYSTEP			
	11:00		Tai Chi		Tai Chi				
	12:00	LESMILLS BODYPUMP		LESMILLS BODYPUMP		LESMILLS BODYCOMBAT			
	4:30	LESMILLS CXWORX	LESMILLS BODYPUMP	LESMILLS BODYATTACK					
	5:05	LESMILLS BODYPUMP		LESMILLS BODYPUMP	LESMILLS BODYPUMP				
	6:10		ZUMBA						
6:45			ZUMBA						
RPM	5:15	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM		LESMILLS RPM	8:00	LESMILLS RPM	LESMILLS RPM
	7:00			LESMILLS RPM			9:05	LESMILLS sprint	LESMILLS sprint
	8:15	LESMILLS RPM		LESMILLS RPM		LESMILLS RPM			
	9:20	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM				
	10:30		LESMILLS sprint		LESMILLS sprint				
	4:30	LESMILLS sprint				LESMILLS RPM 60 Min+ Class			
	5:15	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM 60 Min+ Class	LESMILLS sprint				
6:10		LESMILLS sprint		LESMILLS RPM					
Pilates/Yoga Studio	6:00		LESMILLS BODYFLOW			LESMILLS BODYFLOW	8:15	Barre	
	7:00	Yoga					9:15	Pilates	
	8:00			Yoga With Props			9:30		Yinaya Yoga
	8:15		TBS		TBS		10:30	Vinyasa-Hatha Fusion Yoga	
	8:45	Barre Exp 30 Min				Barre Exp 30 Min			
	9:20	Pilates	Amped Up Barre	Barre Exp 30 Min	Pilates	Pilates			
	9:50			Pilates Exp 30 Min					
	10:30	Functional Vinyasa Yoga	Iyengar Yoga	Vinyasa Yoga	Iyengar Yoga	Amped Up Vinyasa Yoga			
	12:00	Barre		Amped Up Barre	Barre	HIIT Pilates			
	4:30	Pilates Core Conditioning		Pilates Core Conditioning					
	5:15	Vinyasa Yoga	Pilates	Vinyasa Yoga	Pilates		6:00		Qi Gong
6:30	LESMILLS BODYFLOW	Hatha Yoga	Barre	Hatha Yoga					
			Racquet Ball Court #1						
9:15	Kid's Fit Ages 4 - 7	Kid's Yoga Flow Ages 4 - 7	Kid's Fit Ages 4 - 7	Kid's Yoga Flow Ages 4 - 7					