

Indoor	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 8:55 AM				Aquasize		 Begins January 8th www.mycbrc.com (509) 943-8416	
9:00 - 9:55 AM		Aquasize		Aquasize	Aquasize		
11:00 - 11:55 AM		Prenatal/Ladies Conditioning		Prenatal/Ladies Conditioning			
12:05 - 1:00 PM	Hydrotherapy	Hydrotherapy	Hydrotherapy	Hydrotherapy	Hydrotherapy		
7:00 - 7:55 PM	Aqua Power						
Outdoor	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:55 AM	Deep Water		Deep Water				
9:30 - 10:25 AM		Aqua Strength		Aqua Strength			
10:00 - 10:55 AM	Aqua Dance		Aqua Dance		Aqua Challenge	Aqua Challenge	
10: 30 - 11:25 AM		Circuit Innovations		Circuit Innovations			
11:00 - 11:55 AM						Prenatal/Ladies Conditioning	
5:30 - 6:15 PM							Tabata