



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30 AM (45 Min) Pilates Mat Christina	7:30 AM (45 min) CBXT (cross training) Imelda			
	12:30 PM (45 min) CBXT (cross training) Imelda		12:15 PM (45 min) CBXT (cross training) Imelda		10:00 AM (45 min) CBXT (cross training) John -Ivan
					11:00 AM (45 Min) Vinyasa Yoga (Studio upstairs) Smita
5:30 PM (45 min) CBXT (cross training) Dima	5:30 PM (45 Min) Booty Pump Yana	5:30 PM (45 Min) Pilates Mat Jeanne	6:00 PM (45 Min) Trampoline Jump Gigi		12:00 PM (90 Min) Climbing Wall Akibul
6:30 PM (45 Min) Barre Fusion Gigi	6:00 PM (45 Min) Vinyasa Yoga (studio upstairs) Smita		6:30 PM (45 Min) Vinyasa Yoga (studio upstairs) Robert	5:00 PM (45 min) Fight Club (CBXT Studio) Gustavo	Scan to schedule your next class
6:30 PM (45 Min) Vinyasa Yoga (Studio upstairs) Smita	6:30 PM (45 Min) Barbell Strength Dima	6:30 PM (45 Min) CBXT (cross training) Jeanne	7:00 PM (45 min) CBXT (cross training) John -Ivan		
7:45 PM (90 Min) Climbing Wall Akibul	7:00 PM (45 min) Zumba Tijuana		7:00 PM (90 Min) Climbing Wall Akibul		

BOOTY PUMP

Lower Body workout, using Resistance Bands.

You can bring your own Band if you have one, if not, we will provide.

This class focused on your Glutes, Hamstrings and Hip abduction Muscles.

BARBELL STRENGTH

Is a Barbell workout for anyone looking to get lean, toned and fit –fast. Using light to moderate weights with lots of repetitions, Barbell Strength class gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

ZUMBA

Dances inspired“Fitness party” using an amazing music and moves to burn your calories.

VINYASA FLOW YOGA

Vinyasa Flow yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom, and fluidity in the body and mind.

BARRE FUSION

Uses elements of ballet and Pilates to sculpt a long, lean body. Exercises are done at the barre, on the floor, and on the mat to target every muscle, even ones you never knew you had.

TRAMPOLINE JUMP

Canhelp you develop better balance, coordination, and motor skills. These exercises target your back, core, and leg muscles. You'll also work your arms, neck, and glutes. Research shows that tramlining has a positive effect on bone health, and it may help improve bone density and strength.

STRONG CORE

Mix of exercises that build a strong core toned abs and improve your joints mobility and full body flexibility and range of motion.

FLEXIBILITY

Flexibility class is a full body stretch, putting emphasis on achieving all three splits, a backbend, and general enhanced elasticity.

(Yoga focused more on breath work and core stability while moving the body through different

BOXING

includes an intense cardio warm up and array of hybrid exercises. Boxing, Kickboxing, and Mix Martial Art maneuvers are collectively intermingled with high intensity interval training of dynamic circuits, bodyweight exercises, and core work as well

CLIMBING WALL

Rock climbing is a low-impact exercise, which means it is easier on your body, particularly your joints, while still being a great full-body workout.

Intro Class: You can come to learn how to top rope and belay. You will learn how to a tie double figure eight knot and learn the belay commands.

CBXT (CompleteBody Xross Training)

This unique program is designed to improve strength, caloric expenditure, fat burn, and tone.

Full body 45 min training session (45 sec exercise/ 15 sec rest, 6 stations + Core and stretching at the end)

We use TRX, Rope, Barbell, Dumbbells, Kettlebells, Stability balls, Bosu-balls, Rolling machine, Sand bags...

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COMPLETEBODY
Financial District