# Group Fitness Schedule

### Jan 2020

**MONDAYS**
- 7:00-8:15am: Sunrise YOGA - Alex
- 12:00-12:35pm: Circuit 30 - Tara
- 12:00-12:45pm: Yoga - Emma
- 1:00-1:45pm: Spin Express - Megan R
- 5:00-6:00pm: Jazz & Contemp Dance - RH
- 5:30-6:15pm: HIIT - Lydia
- 6:15-7:00pm: Buns N Thighs - Kenzie
- 6:30-7:30pm: Spinning - Kylee
- 6:30-7:45pm: Yoga Power Flow - Lydia
- 7:00-8:00pm: Hip Hop Cardio - Kayla
- 8:00-9:00pm: Zumba - Evelyn
- 8:00-10:00pm: Cycle Cinema "The Bachelor" - Meg D
- 8:15-9:00pm: Pilates - Kayla

**WEDNESDAYS**
- 7:00-8:15am: Sunrise YOGA - Alex
- 12:00-12:35pm: Circuit 30 - Tara
- 12:00-12:45pm: Yoga - Emma
- 5:15-6:00pm: Spin Express - Sharon
- 5:15-6:30pm: Yoga - Gloria
- 5:30-6:30pm: Zumba - Evelyn
- 6:30-7:30pm: Buns N Thighs - Kenzie
- 6:30-7:45pm: Yoga Power Flow - Lydia
- 7:00-8:00pm: Spinning - Meg D
- 7:30-8:00pm: Core Blast - Kenzie
- 8:00-9:00pm: Hip Hop Cardio - Chloe
- 8:00-9:00pm: Yoga - Elizabeth

**THURSDAYS**
- 7:00-8:15am: Sunrise YOGA - Alex
- 12:15-12:45pm: Quick Spin - Tara
- 1:00-2:00pm: YOGA STRENGTH - Lydia
- 4:00-5:30pm: Shokotan Karate - Jim
- 5:00-6:00pm: Technique Contemp Dance - Casey
- 5:15-6:00pm: Spin Express -Megan R
- 5:30-6:00pm: Arms & ABS - Kenzie
- 6:00-7:00pm: YIN Yoga - Isabella
- 6:15-7:00pm: Strength Circuits - Kenzie
- 6:15-7:15pm: Spinning - Kylee
- 7:00-8:00pm: Hip Hop Cardio - Kayla
- 7:00-8:00pm: Zumba - Tyler
- 8:00-9:00pm: Yoga - Elizabeth
- 8:15-9:00pm: Pilates - Kayla

**FRIDAYS**
- 7:00-8:15am: Sunrise YOGA - Alex
- 12:00-12:45pm: Yoga - Emma

**SUNDAYS**
- 5:00-6:00pm: Yoga - Isabella

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**TUESDAYS**
- 12:15-12:45pm: Quick Spin - Tara
- 1:00-2:00pm: YOGA STRENGTH - Lydia
- 4:00-5:30pm: Shokotan Karate - Jim
- 5:00-6:00pm: Technique Contemp Dance - Casey
- 5:15-6:00pm: Spin Express -Megan R
- 5:30-6:00pm: Arms & ABS - Kenzie
- 6:00-7:00pm: YIN Yoga - Isabella
- 6:15-7:00pm: Strength Circuits - Kenzie
- 6:15-7:15pm: Spinning - Kylee
- 7:00-8:00pm: Hip Hop Cardio - Kayla
- 7:00-8:00pm: Zumba - Tyler
- 8:00-9:00pm: Yoga - Elizabeth
- 8:15-9:00pm: Pilates - Kayla

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**NO Sun Rise Yoga MLK Day - Monday, Jan 20**

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**See Class Descriptions Page for Full Details on Each Class**

**Classes are FREE!** Schedule changes monthly