### MONDAYS
- **7:00-8:00am** Sunrise YOGA - Hunter Studio 3
- **12-12:35pm** Circuits - Tara Fitness Floor
- **4:00-5:30pm** Shotokan Karate - Jim Studio 2
- **5:15-6:00pm** Spin Xpress - Sharon Studio 1
- **5:30-6:15pm** Strength Intervals - Lydia Studio 2
- **5:30-6:15pm** Zumba - Danielle Studio 3
- **6:15-7:15pm** Spinning - Alan Studio 1
- **6:30-6:45pm** CORE 15 - Lauren Studio 2
- **6:30-7:45pm** Yoga Power Flow - Lydia Studio 3
- **7:00-7:45pm** Strength Circuits - Lauren Studio 2
- **8:00-10pm** CYCLE CINEMA - The Bachelor

### TUESDAYS
- **12:15-12:45pm** Quick Spin - Tara Studio 1
- **1:00-2:00pm** YOGA STRENGTH - Lydia Studio 3
- **4:30-5:00pm** CORE Blast - Kasey Studio 2
- **5:15-6:00pm** Spin Express - Natalie Studio 1
- **5:15-6:00pm** Total Body Tone - Kasey Studio 2
- **6:15-7:15pm** Spinning - Alan Studio 1
- **6:15-7:00pm** Hip Hop Cardio - Kayla Studio 2
- **6:45-8:00pm** YOGA STRETCH - Amy Studio 3
- **7:15-8:00pm** Pilates - Kayla Studio 2
- **8:00-9:00pm** Zumba - Madisyn Studio 2
- **8:00-9:00pm** Intro to Contemporary Dance Studio 3

### WEDNESDAYS
- **7:00-8:00am** Sunrise YOGA - Hunter Studio 3
- **12-12:35pm** Circuits - Tara Fitness Floor
- **4:00-5:30pm** Shotokan Karate - Jim Studio 2
- **5:15-6:00pm** Spin Xpress - Sharon Studio 1
- **5:30-6:15pm** Strength Circuits - Lauren Studio 2
- **5:30-6:15pm** Intro to Contemporary Dance Studio 3
- **6:15-7:15pm** Spinning - Alan Studio 1
- **6:30-6:45pm** CORE 15 - Lauren Studio 2
- **6:30-7:45pm** Yoga Power Flow - Lydia Studio 3
- **7:00-7:45pm** Buns N Thighs - Natalie Studio 2
- **9:00-10:00pm** Xtreme Dance - Veronica Studio 2

### THURSDAYS
- **12:15-12:45pm** Quick Spin - Tara Studio 1
- **1:00-2:00pm** YOGA CARDIO - Lydia Studio 3
- **4:30-5:00pm** CORE Blast - Kasey Studio 2
- **5:15-6:00pm** Spin Express - Natalie Studio 1
- **5:15-6:00pm** Total Body Tone - Kasey Studio 2
- **6:15-7:15pm** Spinning - Alan Studio 1
- **6:15-7:00pm** Hip Hop Cardio - Kayla Studio 2
- **6:45-8:00pm** YOGA STRETCH - Amy Studio 3
- **7:15-8:00pm** Pilates - Kayla Studio 2
- **8:00-9:00pm** Zumba - Tyler Studio 2
- **8:00-9:15pm** Yoga - Hunter Studio 3

***SEE CLASS DESCRIPTIONS PAGE FOR FULL DETAILS ON EACH CLASS***

Schedule changes monthly