




# Drop-In Schedule

In Effect Jul. 2 - Sep. 3

## Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Vinyasa Flow Yoga</b> 9 – 10 a.m.</p> <p><b>Hatha Yoga</b> 7:30 – 8:30 p.m.</p>	<p><b>Group Ride*</b> 8:30 – 9:15 a.m.</p> <p><b>NRG Circuit</b> 9:45 - 10:45 a.m.</p> <p><b>Zumba®*</b> 11 a.m. - 12 p.m.</p> <p><b>Dance4One</b> 12:15 - 1:15 p.m.</p> <p><b>Group Ride*</b> 6 – 6:45 p.m.</p> <p><b>Fit 360</b> 7:15 – 8:15 p.m.</p> <p><b>Hatha Yoga</b> 7:45 – 9 p.m.</p>	<p><b>Group Ride*</b> 9:30 – 10:30 a.m.</p> <p><b>Vinyasa Flow Yoga</b> 9:30 – 10:30 a.m.</p> <p><b>Body Basics</b> 10:45 – 11:45 a.m.</p> <p><b>Iron &amp; HIIT</b> 6 – 7 p.m.</p> <p><b>Zumba®*</b> 7:15 – 8:15p.m.</p> <p><b>Hatha Yoga</b> 8:30 – 9:30 p.m.</p>	<p><b>Cardio Core Conditioning</b> 9:30 – 10:30 a.m.</p> <p><b>Hatha Yoga</b> 11 a.m. –12 p.m.</p> <p><b>Group Ride*</b> 6 – 6:45 p.m.</p> <p><b>NRG Circuit</b> 6 - 7 p.m.</p> <p><b>Zumba®*</b> 7:15 – 8:15p.m.</p>	<p><b>Group Ride*</b> 9:30 – 10:30 a.m.</p> <p><b>Vinyasa Flow Yoga</b> 9:30 –10:30 a.m</p> <p><b>Pilates</b> 6 – 7 p.m.</p> <p><b>Zumba®*</b> 7:15 – 8:15p.m.</p> <p><b>Iron &amp; HIIT</b> 7:15 – 8:15 p.m.</p>	<p><b>Group Ride*</b> 8:30 – 9:15 a.m.</p> <p><b>Step Remix</b> 9:30 – 10:30 a.m.</p> <p><b>Pilates</b> 10:45 - 11:45 a.m.</p>	<p><b>Group Ride*</b> 8:15 – 9 a.m.</p> <p><b>*Zumba Toning®</b> 9:30 – 10:30 a.m.</p> <p><b>Hatha Yoga</b> 11 a.m. –12 p.m.</p>
					<p>Scan for the most up-to-date schedule</p>  <p>Updated 06/24/2024</p>	

Schedule subject to change without notice. \*Pre-registration is recommended for this program.