




Drop-In Schedule

In Effect September 3

Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Vinyasa Flow Yoga 9 – 10 a.m.</p> <p>Fit 360 10:15 – 11:15 a.m.</p> <p>Hatha Yoga 7:30 – 8:30 p.m.</p>	<p>Group Ride* (Centennial) 8:30 – 9:15 a.m.</p> <p>NRG Circuit 9:30 - 10:30 a.m.</p> <p>Zumba®* 11 a.m. - 12 p.m.</p> <p>Group Ride* (Centennial) 6 – 6:45 p.m.</p> <p>Power Yoga 6 – 7 p.m.</p> <p>Fit 360 7:15 – 8:15 p.m.</p> <p>Hatha Yoga 7:45 – 9 p.m.</p>	<p>Group Ride* (Centennial) 9:30 – 10:30 a.m.</p> <p>Vinyasa Flow Yoga 9:30 – 10:30 a.m.</p> <p>Body Basics 10:45 – 11:45 a.m.</p> <p>Group Ride* (Centennial) 6 – 6:45 p.m.</p> <p>Iron & HIIT 6 – 7 p.m.</p> <p>Zumba®* 7:15 – 8:15p.m.</p> <p>Hatha Yoga 8:30 – 9:30 p.m.</p>	<p>Group Ride* (Centennial) 9:30 – 10:30 a.m.</p> <p>Cardio Core Conditioning 9:30 – 10:30 a.m.</p> <p>Hatha Yoga 10:45 a.m. – 12 p.m.</p> <p>Group Ride* (Centennial) 6 – 6:45 p.m.</p> <p>NRG Circuit 6 - 7 p.m.</p> <p>Zumba®* 7:15 – 8:15 p.m.</p>	<p>Group Ride* (Centennial) 9:30 – 10:30 a.m.</p> <p>Vinyasa Flow Yoga 9:30 – 10:30 a.m.</p> <p>Group Ride* (Centennial) 6 – 6:45 p.m.</p> <p>Pilates 6 – 7 p.m.</p> <p>Zumba®* 7:15 – 8:15 p.m.</p> <p>Iron & HIIT 7:15 – 8:15 p.m.</p>	<p>Group Ride* (Centennial) 8:30 – 9:15 a.m.</p> <p>Step Remix 9:30 – 10:30 a.m.</p> <p>Pilates 10:45 - 11:45 a.m.</p> <p>Zumba®* 5:45 – 6:45 p.m.</p>	<p>Group Ride* (Centennial) 8:15 – 9 a.m.</p> <p>*Zumba Toning® 9:30 – 10:30 a.m.</p> <p>Hatha Yoga 11 a.m. – 12 p.m.</p>
					<p>Scan for the most up-to-date schedule</p>  <p>Updated 08/28/2024</p>	

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