




# Fitness Drop-in Schedule

In effect Aug. 31 to Dec. 20

## Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Vinyasa Flow</b> 9 - 10 a.m.  <b>Fit 360</b> 10:15 - 11:15 a.m.  <b>Hatha Yoga</b> 7:30 - 8:30 p.m.	<b>*Group Ride</b> (Centennial) 9:30 - 10:30 a.m.  <b>NRG Circuit</b> 9:30 - 10:30 a.m.  <b>*Zumba®</b> 11 a.m. - 12 p.m.  <b>*Group Ride</b> (Centennial) 6 - 6:45 p.m.  <b>Power Yoga</b> 6:15 - 7:15 p.m.  <b>Fit 360</b> 7:30 - 8:30 p.m.  <b>Hatha Yoga</b> (Room 2) 7:45 - 9 p.m.	<b>*Group Ride</b> (Centennial) 9:30 - 10:30 a.m.  <b>Vinyasa Flow</b> 9:30 - 10:30 a.m.  <b>Body Basics</b> 10:45 - 11:45 a.m.  <b>*Group Ride</b> (Centennial) 6 - 6:45 p.m.  <b>Iron &amp; HIIT</b> 6 - 7 p.m.  <b>*Zumba®</b> (Centennial) 7:15 - 8:15 p.m.  <b>Hatha Yoga</b> 8:30 - 9:30 p.m.	<b>*Group Ride</b> (Centennial) 9:30 - 10:30 a.m.  <b>Cardio Core Conditioning</b> 9:30 - 10:30 a.m.  <b>Hatha Yoga</b> 10:45 a.m. - 12 p.m.  <b>*Group Ride</b> (Centennial) 6 - 6:45 p.m.  <b>NRG Circuit</b> 6 - 7 p.m.  <b>*Zumba®</b> 7:15 - 8:15 p.m.	<b>*Group Ride</b> (Centennial) 9:30 - 10:30 a.m.  <b>Vinyasa Flow</b> 9:30 - 10:30 a.m.  <b>*Group Ride</b> (Centennial) 6 - 6:45 p.m.  <b>Pilates</b> 6 - 7 p.m.  <b>*Zumba®</b> (Centennial) 7:15 - 8:15 p.m.  <b>Iron &amp; HIIT</b> 7:15 - 8:15 p.m.	<b>*Group Ride</b> (Centennial) 8:30 - 9:15 a.m.  <b>Step Remix</b> 9:30 - 10:30 a.m.  <b>Pilates</b> 10:45 - 11:45 a.m.  <b>*Zumba®</b> 5:45 - 6:45 p.m.	<b>*Group Ride</b> (Centennial) 8:15 - 9 a.m.  <b>*Zumba Toning®</b> 9:45 - 10:45 a.m.  <b>Hatha Yoga</b> 11 a.m. - 12 p.m.
Scan for the most up-to-date schedule 						Updated 08/21/2025

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