




# Drop-in Schedule

In Effect Jan. 5 to Mar. 29

## Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Vinyasa Flow</b> 9 - 10 a.m.</p> <p><b>Fit 360</b> 10:15 - 11:15 a.m.</p> <p><b>Hatha Yoga</b> 7:30 - 8:30 p.m.</p>	<p><b>*Group Ride (Centennial)</b> 9:30 - 10:30 a.m.</p> <p><b>NRG Circuit</b> 9:30 - 10:30 a.m.</p> <p><b>*Zumba®</b> 11 a.m. - 12 p.m.</p> <p><b>*Group Ride (Centennial)</b> 6 - 6:45 p.m.</p> <p><b>Power Yoga</b> 6 - 7 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 (Centennial)</b> 9:30 - 10:30 a.m.</p> <p><b>Vinyasa Flow</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>*Group Ride (Centennial)</b> 6 - 6:45 p.m.</p> <p><b>*Zumba® (Centennial)</b> 7:15 - 8:15 p.m.</p> <p><b>Hatha Yoga</b> 8:30 - 9:30 p.m.</p>	<p><b>*Group Ride (Centennial)</b> 9:30 - 10:30 a.m.</p> <p><b>Cardio Core Conditioning</b> 9:30 - 10:30 a.m.</p> <p><b>Hatha Yoga</b> 10:45 a.m. - 12 p.m.</p> <p><b>NRG Circuit</b> 6 - 7 p.m.</p> <p><b>*Group Ride (Centennial)</b> 6 - 6:45 p.m.</p> <p><b>*Zumba®</b> 7:15 - 8:15 p.m.</p>	<p><b>*Group Ride (Centennial)</b> 9:30 - 10:30 a.m.</p> <p><b>Vinyasa Flow</b> 9:30 - 10:30 a.m.</p> <p><b>Pilates</b> 6 - 7 p.m.</p> <p><b>*Group Ride (Centennial)</b> 6 - 6:45 p.m.</p> <p><b>*Zumba® (Centennial)</b> 7:15 - 8:15 p.m.</p> <p><b>Iron &amp; HIIT</b> 7:15 - 8:15 p.m.</p>	<p><b>*Group Ride (Centennial)</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>*Zumba®</b> 5:45 - 6:45 p.m.</p>	<p><b>*Group Ride (Centennial)</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 01/07/2025</p>	

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