

CENTENNIAL COMMUNITY CENTRE FITNESS DROP-IN HOLIDAY SCHEDULE

Time	Saturday December 15	Sunday December 16	Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21	
8:20 am	Gym Classes are cancelled for Breakfast with Santa	Pilates Mat						
9:20 am			Workout	Cardio Mix	Workout	Cardio Mix	Workout	
9:30 am		Workout	Cycle Fit	Cycle Fit		Cycle Fit		Cycle Fit
	Cycle Fit							
10:30 am			Core Stretch	Cycle	Power Yoga	Cycle	Core Stretch	
10:45 am		Core Fitness						
11:00 am	Cycle	Cycle						
2:30 pm			Afternoon Stretch					
5:15 pm			F.I.T	Body Flow	F.I.T. Body Cycle Fit	Body Flow	F.I.T	
5:30 pm			Cycle	Cycle		Cycle	Cycle	
6:20 pm			Power Yoga	Stretch	Power Yoga	Stretch		
6:30 pm								Power Yoga
7:25 pm				Workout Lite	Step Mix	Workout Lite	Step Mix	
7:30 pm				Cycle	Cycle Fit	Cycle	Cycle Fit	

Time	Saturday December 22	Sunday December 23	Monday December 24	Tuesday December 25	Wednesday December 26	Thursday December 27	Friday December 28	
8:20 am	Step & Sculpt	Pilates Mat		Closed	Closed			
9:20 am			Workout			Cardio Mix	Workout	
9:30 am	Cycle Fit	Workout	Cycle Fit					Cycle Fit
	Power Yoga	Cycle Fit						
10:30 am			Core Stretch				Cycle	Core Stretch
10:45 am	Step Mix	Core Fitness						
11:00 am	Cycle	Cycle						
5:15 pm							Body Flow	
5:30 pm							Cycle	Cycle
6:20 pm							Stretch	
6:30 pm								Power Yoga
7:25 pm						Step Mix		
7:30 pm						Cycle Fit		

Time	Saturday December 29	Sunday December 30	Monday December 31	Tuesday January 1	Wednesday January 2
8:20 am	Step & Sculpt	Pilates Mat		CLOSED	Regular Fitness & Cycling Schedule Resumes
9:20 am			Workout		
9:30 am	Cycle Fit	Workout	Cycle Fit		
		Cycle Fit			
10:30 am			Core Stretch		
10:45 am		Core Fitness			
11:00 am	Cycle	Cycle			



Childminding available for shaded classes.