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Schedule as of June 2, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot 26 & 2 Express 7:15am - 8:15am Sun Studio Rebecca C.  ♥♥♥♥♥♥	Hot Yoga Flow 7:30am - 8:30am Sun Studio Maddline  ♥♥♥♥♥♥	Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena  ♥♥♥♥♥♥	Strong & Mobile 7:00am - 7:45am Gym Kevin  ♥♥♥♥♥♥	Hot 26 & 2 Express 7:15am - 8:15am Sun Studio Rebecca C.  ♥♥♥♥♥♥	Yang & Yin Yoga 7:15am - 8:15am Sun Studio Shivam  ♥♥♥♥♥♥	Hot Power Flow 7:30am - 8:30am Sun Studio Maddline  ♥♥♥♥♥♥
Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena  ♥♥♥♥♥♥	Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena  ♥♥♥♥♥♥	Low Impact Build & Burn 9:15am - 10:15am River Studio Nina  ♥♥♥♥♥♥	Muscle Up 8:00am - 8:45am Gym Kevin  ♥♥♥♥♥♥	Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena  ♥♥♥♥♥♥	Pilates 8:00am - 8:45am River Studio Rena  ♥♥♥♥♥♥	Hot Yin 8:45am - 9:45am Sun Studio Maddline  ♥♥♥♥♥♥
Low Impact Build & Burn 9:15am - 10:15am River Studio Nina  ♥♥♥♥♥♥	Muscle Up 9:00am - 10:00am Gym Kevin  ♥♥♥♥♥♥	Gentle Hatha 10:30am - 11:30am River Studio Nina  ♥♥♥♥♥♥	Yoga Flow 8:15am - 9:15am River Studio Yanira  ♥♥♥♥♥♥	Low Impact Build & Burn 9:15am - 10:15am River Studio Rena  ♥♥♥♥♥♥	Strength, Sculpt & Restore 9:00am - 10:00am River Studio Rena  ♥♥♥♥♥♥	Strength & Power Circuit 9:00am - 9:45am River Studio Imad  ♥♥♥♥♥♥
Gentle Hatha 10:30am - 11:30am River Studio Nina  ♥♥♥♥♥♥	Pilates 9:15am - 10:15am River Studio Rena  ♥♥♥♥♥♥	Yang & Yin Yoga 10:45am - 11:45am Sun Studio Shivam  ♥♥♥♥♥♥	Low Impact Build & Burn 9:15am - 10:15am River Studio Yanira  ♥♥♥♥♥♥	Muscle Up 10:00am - 10:45am Gym Kevin  ♥♥♥♥♥♥	Hot Power Flow 9:00am - 10:00am Sun Studio Shivam  ♥♥♥♥♥♥	Body Burn Circuit 10:00am - 10:45am River Studio Imad  ♥♥♥♥♥♥
Yoga Flow 12:00pm - 1:00pm River Studio Rena  ♥♥♥♥♥♥	Yoga Flow 10:30am - 11:30am River Studio Yanira  ♥♥♥♥♥♥	Strong & Mobile 12:00pm - 12:45pm River Studio Shivam  ♥♥♥♥♥♥	Yoga Flow 10:30am - 11:30pm River Studio Imad  ♥♥♥♥♥♥	Gentle Hatha 10:30am - 11:30am River Studio Alison M.  ♥♥♥♥♥♥	Pilates 10:15am - 11:15am River Studio Rena  ♥♥♥♥♥♥	Hot 26 & 2 10:00am - 11:30am Sun Studio Naomi  ♥♥♥♥♥♥
Yogalates 1:00pm - 2:00pm River Studio Rena  ♥♥♥♥♥♥	Low Impact Build & Burn 11:45am - 12:45pm River Studio Rena  ♥♥♥♥♥♥	Hot 26 & 2 Express 12:00pm - 1:00pm Sun Studio Rebecca C.  ♥♥♥♥♥♥	Yin Yoga 12:00pm - 1:00pm Sun Studio Imad  ♥♥♥♥♥♥	Pilates 12:00pm - 12:45pm River Studio Alison M.  ♥♥♥♥♥♥	Hot Yoga Flow 10:30am - 11:30am Sun Studio Jessica Y.  ♥♥♥♥♥♥	Yin Yoga 11:00am - 12:00pm River Studio Imad  ♥♥♥♥♥♥
Muscle Up 4:30pm - 5:15pm Gym Kevin  ♥♥♥♥♥♥	Yin Yoga 12:00pm - 1:00pm Sun Studio Yanira  ♥♥♥♥♥♥	Muscle Up 3:15pm - 4:15pm Gym Kevin  ♥♥♥♥♥♥	Pilates 12:00pm - 1:00pm River Studio Chelsea  ♥♥♥♥♥♥	Pilates 4:30pm - 5:30pm River Studio Rena  ♥♥♥♥♥♥	Body Burn Circuit 11:30am - 12:15pm River Studio Shivam  ♥♥♥♥♥♥	Gentle Hatha 12:15pm - 1:15pm River Studio Jessica Y.  ♥♥♥♥♥♥
Hot Yoga Flow 4:45pm - 5:45pm Sun Studio Rena  ♥♥♥♥♥♥	Body Burn Circuit 4:00pm - 4:45pm Gym Kevin  ♥♥♥♥♥♥	Yoga Flow 4:15pm - 5:15pm River Studio Maddline  ♥♥♥♥♥♥	Pilates 4:30pm - 5:15pm River Studio Solmaz  ♥♥♥♥♥♥	Hot 26 & 2 5:00pm - 6:30pm Sun Studio Ed  ♥♥♥♥♥♥	Hot Yogalates 11:45am - 12:45pm Sun Studio Rena  ♥♥♥♥♥♥	Hot Yoga Flow 12:15pm - 1:15pm Sun Studio Shivam  ♥♥♥♥♥♥
Gentle Hatha 4:45pm - 5:30pm River Studio Solmaz  ♥♥♥♥♥♥	Pilates 4:30pm - 5:15pm River Studio Rena  ♥♥♥♥♥♥	Body Burn Circuit 4:30pm - 5:15pm Gym Kevin  ♥♥♥♥♥♥	Body Burn Circuit 4:30pm - 5:15pm Gym Kevin  ♥♥♥♥♥♥	Zumba 5:45pm - 6:45pm River Studio Marianna  ♥♥♥♥♥♥	Release & Realign 12:30pm - 1:30pm River Studio Gabrielle  ♥♥♥♥♥♥	Hot Yogalates 1:30pm - 2:30pm Sun Studio Solmaz  ♥♥♥♥♥♥
Yogalates 4:45pm - 5:30pm Rideau Room Alison  ♥♥♥♥♥♥	Hot Yoga Flow 4:30pm - 5:30pm Sun Studio Solmaz  ♥♥♥♥♥♥	Hot Yin 5:00pm - 6:00pm Sun Studio Jacqui  ♥♥♥♥♥♥	Hot Yoga Flow 4:45pm - 5:45pm Sun Studio Jacqui  ♥♥♥♥♥♥	Yoga Flow 7:00pm - 8:00pm River Studio Imad  ♥♥♥♥♥♥	Gentle Hatha 1:45pm - 2:45pm River Studio Maddline  ♥♥♥♥♥♥	Strong & Mobile 1:45pm - 2:30pm River Studio Shivam  ♥♥♥♥♥♥
Body Burn Circuit 5:30pm - 6:15pm Gym Kevin  ♥♥♥♥♥♥	Release & Realign 5:30pm - 6:30pm River Studio Gabrielle  ♥♥♥♥♥♥	Body Burn Circuit 5:30pm - 6:15pm Gym Kevin  ♥♥♥♥♥♥	Muscle Up 5:30pm - 6:15pm Gym Kevin  ♥♥♥♥♥♥	Yin Yoga 8:15pm - 9:15pm River Studio Imad  ♥♥♥♥♥♥	Hot Yin 1:45pm - 2:45pm Sun Studio Alison M.  ♥♥♥♥♥♥	Yoga Flow 2:45pm - 3:45pm River Studio Solmaz  ♥♥♥♥♥♥
Zumba 5:45pm - 6:45pm Rideau Room Vanessa  ♥♥♥♥♥♥	Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi  ♥♥♥♥♥♥	Yogalates 5:30pm - 6:30pm River Studio Alison M.  ♥♥♥♥♥♥	Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi  ♥♥♥♥♥♥		Pilates 3:00pm - 4:00pm River Studio Alison M.  ♥♥♥♥♥♥	Yang & Yin Yoga 2:45pm - 3:45pm Sun Studio Shivam  ♥♥♥♥♥♥
Pilates 5:45pm - 6:30pm River Studio Solmaz  ♥♥♥♥♥♥	Zumba 6:45pm - 7:45pm River Studio Marianna  ♥♥♥♥♥♥	Hot Yoga Flow 6:45pm - 7:45pm Sun Studio Alison M.  ♥♥♥♥♥♥	Zumba 6:45pm - 7:45pm River Studio Marianna  ♥♥♥♥♥♥		Hot 26 & 2 3:00pm - 4:30pm Sun Studio Ed  ♥♥♥♥♥♥	Hot 26 & 2 4:00pm - 5:30pm Sun Studio Heather  ♥♥♥♥♥♥
Hot Power Flow 6:15pm - 7:15pm Sun Studio Naomi  ♥♥♥♥♥♥	Yoga Flow 8:00pm - 9:00pm River Studio Jessica Y.  ♥♥♥♥♥♥	Pilates 6:45pm - 7:45pm River Studio Rena  ♥♥♥♥♥♥	Hot Yin 8:00pm - 9:00pm Sun Studio Valentina  ♥♥♥♥♥♥			
Kickboxing Power & Agility 6:45pm - 7:45pm River Studio Rebecca T.  ♥♥♥♥♥♥		Zumba 8:00pm - 9:00pm River Studio Vanessa  ♥♥♥♥♥♥	Yoga Flow 8:15pm - 9:15pm River Studio Jessica Y.  ♥♥♥♥♥♥			
Hot 26 & 2 7:30pm - 9:00pm Sun Studio Naomi  ♥♥♥♥♥♥		Hot 26 & 2 Express 8:00pm - 9:00pm Sun Studio Christina  ♥♥♥♥♥♥				
Yin Yoga 8:00pm - 9:00pm River Studio Shuana  ♥♥♥♥♥♥						

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Low Intensity

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Moderate

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High Intensity

Schedule subject to change. Visit www.rideausportscentre.com for most up to date schedule.