

































































































# 2026 Winter Group Fitness Schedule

January 5 - June 28, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Strength, Sculpt &amp; Restore</b> 8:00am - 9:00am River Studio   Rena  ♥♥♥♥♥	<b>Body Burn Circuit</b> 8:00am - 8:45am Gym   Kevin  ♥♥♥♥♥	<b>Strength, Sculpt &amp; Restore</b> 8:00am - 9:00am River Studio   Rena  ♥♥♥♥♥	<b>Strong &amp; Mobile</b> 7:00am - 7:45am Gym   Kevin  ♥♥♥♥♥	<b>Strength, Sculpt &amp; Restore</b> 8:00am - 9:00am River Studio   Rena  ♥♥♥♥♥	<b>Yogalates</b> 7:45am - 8:45am River Studio   Rena  ♥♥♥♥♥	<b>Strength &amp; Power Circuit</b> 9:00am - 9:45am River Studio   Imad  ♥♥♥♥♥
<b>Low Impact Body Burn</b> 9:15am - 10:15am River Studio   Nina  ♥♥♥♥♥	<b>Strength, Sculpt &amp; Restore</b> 8:00am - 9:00am River Studio   Rena  ♥♥♥♥♥	<b>Low Impact Body Burn</b> 9:15am - 10:15am River Studio   Nina  ♥♥♥♥♥	<b>Muscle Up</b> 8:00am - 8:45am Gym   Kevin  ♥♥♥♥♥	<b>Low Impact Body Burn</b> 9:15am - 10:15am River Studio   Rena  ♥♥♥♥♥	<b>Hot 26 &amp; 2 Express</b> 7:45am - 8:45am Sun Studio   Rebecca C.  ♥♥♥♥♥	<b>Yogalates</b> 10:00am - 11:00am River Studio   Imad  ♥♥♥♥♥
<b>Gentle Hatha</b> 10:30am - 11:30am River Studio   Nina  ♥♥♥♥♥	<b>Muscle Up</b> 9:00am - 9:45am Gym   Kevin  ♥♥♥♥♥	<b>Gentle Hatha</b> 10:30am - 11:30am River Studio   Nina  ♥♥♥♥♥	<b>Low Impact Body Burn</b> 9:15am - 10:15am River Studio   Yanira  ♥♥♥♥♥	<b>Muscle Up</b> 10:00am - 10:45am Gym   Kevin  ♥♥♥♥♥	<b>Muscle Up</b> 8:00am - 8:45am Gym   Shivam  ♥♥♥♥♥	<b>Hot 26 &amp; 2</b> 10:00am - 11:30am Sun Studio   Naomi  ♥♥♥♥♥
<b>Yoga Flow</b> 12:00pm - 1:00pm River Studio   Rena  ♥♥♥♥♥	<b>Low Impact Body Burn</b> 9:15am - 10:15am River Studio   Nina  ♥♥♥♥♥	<b>Strong &amp; Mobile</b> 12:00pm - 12:45pm Gym   Shivam  ♥♥♥♥♥	<b>Barre</b> 10:30am - 11:30am River Studio   Yanira  ♥♥♥♥♥	<b>Gentle Hatha</b> 10:30am - 11:30am River Studio   Alison  ♥♥♥♥♥	<b>Strength, Sculpt &amp; Restore</b> 9:00am - 10:00am River Studio   Rena  ♥♥♥♥♥	<b>Yin Yoga</b> 11:00am - 12:00pm River Studio   Imad  ♥♥♥♥♥
<b>Yin Yoga</b> 12:00pm - 1:00pm Sun Studio   Alison  ♥♥♥♥♥	<b>Pilates</b> 10:30am - 11:30am River Studio   Rena  ♥♥♥♥♥	<b>Barre</b> 12:00pm - 1:00pm Sun Studio   Yanira  ♥♥♥♥♥	<b>Yoga Flow</b> 10:30am - 11:30am Sun Studio   Imad  ♥♥♥♥♥	<b>Body Burn Circuit</b> 11:00am - 11:45am Gym   Kevin  ♥♥♥♥♥	<b>Hot Power Flow</b> 9:00am - 10:00am Sun Studio   Shivam  ♥♥♥♥♥	<b>Gentle Hatha</b> 12:15pm - 1:15pm River Studio   Jessica Y.  ♥♥♥♥♥
<b>Yogalates</b> 1:00pm - 2:00pm River Studio   Rena  ♥♥♥♥♥	<b>Yoga Flow</b> 12:00pm - 1:00pm River Studio   Yanira  ♥♥♥♥♥	<b>Yoga Flow</b> 1:00pm - 2:00pm River Studio   Shivam  ♥♥♥♥♥	<b>Yin Yoga</b> 12:00pm - 1:00pm Sun Studio   Imad  ♥♥♥♥♥	<b>Pilates</b> 12:00pm - 12:45pm River Studio   Alison  ♥♥♥♥♥	<b>Pilates</b> 10:15am - 11:15am River Studio   Rena  ♥♥♥♥♥	<b>Hot Yoga Flow</b> 12:15pm - 1:15pm Sun Studio   Shivam  ♥♥♥♥♥
<b>Muscle Up</b> 4:30pm - 5:15pm Gym   Kevin  ♥♥♥♥♥	<b>Warm Yin Yoga</b> 11:45am - 12:45pm Sun Studio   Gabrielle  ♥♥♥♥♥	<b>Muscle Up</b> 3:15pm - 4:00pm Gym   Kevin  ♥♥♥♥♥	<b>Yogalates</b> 1:30pm - 2:30pm River Studio   Imad  ♥♥♥♥♥	<b>Pilates</b> 4:30pm - 5:30pm River Studio   Rena  ♥♥♥♥♥	<b>Hot Yoga Flow</b> 10:30pm - 11:30pm Sun Studio   Jessica Y.  ♥♥♥♥♥	<b>Hot Yin Yoga</b> 1:30pm - 2:30pm Sun Studio   Solmaz  ♥♥♥♥♥
<b>Hot Yoga Flow</b> 4:45pm - 5:45pm Sun Studio   Rena  ♥♥♥♥♥	<b>Barre</b> 1:00pm - 2:00pm River Studio   Yanira  ♥♥♥♥♥	<b>Body Burn Circuit</b> 4:30pm - 5:15pm Gym   Kevin  ♥♥♥♥♥	<b>Pilates</b> 4:30pm - 5:15pm River Studio   Solmaz  ♥♥♥♥♥	<b>Hot 26 &amp; 2</b> 5:00pm - 6:30pm Sun Studio   Ed  ♥♥♥♥♥	<b>Body Burn Circuit</b> 11:30am - 12:15pm Gym   Shivam  ♥♥♥♥♥	<b>Strong &amp; Mobile</b> 1:45pm - 2:30pm River Studio   Shivam  ♥♥♥♥♥
<b>Gentle Hatha</b> 4:45pm - 5:45pm River Studio   Solmaz  ♥♥♥♥♥	<b>Body Burn Circuit</b> 4:00pm - 4:45pm Gym   Kevin  ♥♥♥♥♥	<b>Hot Yin Yoga</b> 5:00pm - 6:00pm Sun Studio   Jacqui  ♥♥♥♥♥	<b>Body Burn Circuit</b> 4:30pm - 5:15pm Gym   Kevin  ♥♥♥♥♥	<b>Zumba</b> 5:45pm - 6:45pm River Studio   Marianna  ♥♥♥♥♥	<b>Gentle Hatha</b> 11:45am - 12:45pm River Studio   Rena  ♥♥♥♥♥	<b>Pilates</b> 2:45pm - 3:45pm River Studio   Solmaz  ♥♥♥♥♥
<b>Body Burn Circuit</b> 5:30pm - 6:15pm Gym   Kevin  ♥♥♥♥♥	<b>Pilates</b> 4:30pm - 5:15pm River Studio   Rena  ♥♥♥♥♥	<b>Body Burn Circuit</b> 5:30pm - 6:15pm Gym   Kevin  ♥♥♥♥♥	<b>Hot Yoga Flow</b> 4:45pm - 5:45pm Sun Studio   Jacqui  ♥♥♥♥♥	<b>Yoga Flow</b> 7:00pm - 8:00pm River Studio   Shivam  ♥♥♥♥♥	<b>Therapeutic Yoga</b> 12:30pm - 1:30pm River Studio   Gabrielle  ♥♥♥♥♥	<b>Hot 26 &amp; 2</b> 4:00pm - 5:30pm Sun Studio   Heather  ♥♥♥♥♥
<b>Pilates</b> 5:45pm - 6:30pm River Studio   Solmaz  ♥♥♥♥♥	<b>Hot Yoga Flow</b> 4:30pm - 5:30pm Sun Studio   Solmaz  ♥♥♥♥♥	<b>Yogalates</b> 5:30pm - 6:30pm River Studio   Alison  ♥♥♥♥♥	<b>Muscle Up</b> 5:30pm - 6:15pm Gym   Kevin  ♥♥♥♥♥	<b>Yin Yoga</b> 8:15pm - 9:15pm River Studio   Imad  ♥♥♥♥♥	<b>Hot Yin Yoga</b> 1:00pm - 2:00pm Sun Studio   Shivam  ♥♥♥♥♥	<b>Barre</b> 4:30pm - 5:30pm River Studio   Yanira  ♥♥♥♥♥
<b>Hot 26 &amp; 2</b> 6:00pm - 7:30pm Sun Studio   Naomi  ♥♥♥♥♥	<b>Release &amp; Realign Yoga</b> 5:30pm - 6:30pm River Studio   Gabrielle  ♥♥♥♥♥	<b>Hot Yoga Flow</b> 6:45pm - 7:45pm Sun Studio   Alison  ♥♥♥♥♥	<b>Gentle Hatha</b> 5:30pm - 6:30pm River Studio   Solmaz  ♥♥♥♥♥		<b>Yoga Flow</b> 1:45pm - 2:45pm River Studio   Gabrielle  ♥♥♥♥♥	<b>Gentle Hatha</b> 5:45pm - 6:45pm River Studio   Yanira  ♥♥♥♥♥
<b>Kickboxing Power &amp; Agility</b> 6:45pm - 7:45pm River Studio   Rebecca T.  ♥♥♥♥♥	<b>Hot 26 &amp; 2</b> 6:00pm - 7:30pm Sun Studio   Naomi  ♥♥♥♥♥	<b>Pilates</b> 6:45pm - 7:45pm River Studio   Rena  ♥♥♥♥♥	<b>Hot 26 &amp; 2</b> 6:00pm - 7:30pm Sun Studio   Naomi  ♥♥♥♥♥		<b>Hot 26 &amp; 2</b> 3:00pm - 4:30pm Sun Studio   Ed  ♥♥♥♥♥	
<b>Hot Power Flow</b> 8:00pm - 9:00pm Sun Studio   Naomi  ♥♥♥♥♥	<b>Zumba</b> 6:45pm - 7:45pm River Studio   Marianna  ♥♥♥♥♥	<b>Hot 26 &amp; 2 Express</b> 8:00pm - 9:00pm Sun Studio   Rebecca C.  ♥♥♥♥♥	<b>Zumba</b> 6:45pm - 7:45pm River Studio   Marianna  ♥♥♥♥♥			
<b>Yin Yoga</b> 8:00pm - 9:00pm River Studio   Shauna  ♥♥♥♥♥	<b>Yoga Flow</b> 8:00pm - 9:00pm River Studio   Jessica Y.  ♥♥♥♥♥		<b>Hot Yin Yoga</b> 8:00pm - 9:00pm Sun Studio   Valentina  ♥♥♥♥♥			
			<b>Yoga Flow</b> 8:15pm - 9:15pm River Studio   Jessica Y.  ♥♥♥♥♥			

♥♥♥♥♥ Low Intensity  
 ♥♥♥♥♥ Moderate  
 ♥♥♥♥♥ High Intensity

Schedule subject to change. Visit [www.rideausportscentre.com](http://www.rideausportscentre.com) for most up to date schedule.