



2026 Summer Yoga & Fitness Schedule

June 29 - August 30, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena	Muscle Up 9:00am - 10:00am Gym Kevin	Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena	Strong & Mobile 7:00am - 7:45am Gym Kevin	Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena	Yogalates 8:00am - 8:45am River Studio Rena	Strength & Power Circuit 9:00am - 9:45am River Studio Imad
Low Impact Body Burn 9:15am - 10:15am River Studio Nina	Low Impact Body Burn 9:15am - 10:15am River Studio Rena	Low Impact Body Burn 9:15am - 10:15am River Studio Nina	Yoga Flow 9:45am - 10:45am River Studio Imad	Low Impact Body Burn 9:15am - 10:15am River Studio Rena	Muscle Up 8:00am - 8:45am Gym Shivam	Yogalates 10:00am - 11:00am River Studio Imad
Gentle Hatha 10:30am - 11:30am River Studio Nina	Pilates 10:30am - 11:30am River Studio Rena	Gentle Hatha 10:30am - 11:30am River Studio Nina	Pilates 11:00am - 11:45am River Studio Rena	Muscle Up 10:00am - 10:45am Gym Kevin	Strength, Sculpt & Restore 9:00am - 10:00am River Studio Rena	Hot 26 & 2 10:00am - 11:30am Sun Studio Naomi
Yoga Flow 12:00pm - 1:00pm River Studio Rena	Vinyasa Flow 12:00pm - 1:00pm River Studio Solmaz	Yoga Flow 12:00pm - 1:00pm River Studio Valentina	Yin Yoga 12:00pm - 1:00pm Sun Studio Imad	Gentle Hatha 10:30am - 11:30am River Studio Alison	Power Yoga 9:00am - 10:00am Sun Studio Shivam	Yin Yoga 11:00am - 12:00pm River Studio Imad
Muscle Up 4:30pm - 5:15pm Gym Kevin	Body Burn Circuit 4:00pm - 4:45pm Gym Kevin	Muscle Up 4:30pm - 5:15pm Gym Kevin	Body Burn Circuit 4:30pm - 5:15pm Gym Kevin	Yogalates 12:00pm - 12:45pm River Studio Alison	Pilates 10:15am - 11:15am River Studio Rena	Hot 26 & 2 4:00pm - 5:30pm Sun Studio Heather
Flow 4:45pm - 5:45pm River Studio Rena	Pilates 4:30pm - 5:15pm River Studio Rena	Hot Yin 5:00pm - 6:00pm Sun Studio Alison	Muscle Up 5:30pm - 6:15pm Gym Kevin	Pilates 4:30pm - 5:30pm River Studio Rena	Hot Yoga Flow 10:30pm - 11:30pm Sun Studio Jessica Y.	
Body Burn Circuit 5:30pm - 6:15pm Gym Kevin	Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi	Body Burn Circuit 5:30pm - 6:15pm Gym Kevin	Pilates 5:45pm - 6:30pm River Studio Solmaz	Hot 26 & 2 5:00pm - 6:30pm Sun Studio Ed	Body Burn Circuit 11:30am - 12:15pm Gym Shivam	
Pilates 6:00pm - 6:45pm River Studio Solmaz	Zumba 6:45pm - 7:45pm River Studio Marianna	Yogalates 5:30pm - 6:30pm River Studio Alison	Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi	Zumba 5:45pm - 6:45pm River Studio Marianna	Gentle Yoga 11:30am - 12:15pm River Studio Rena	
Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi	Yoga Flow 8:00pm - 9:00pm River Studio Jessica Y.	Hot Yoga Flow 6:45pm - 7:45pm Sun Studio Alison	Zumba 6:45pm - 7:45pm River Studio Marianna	Yoga Flow 7:00pm - 8:00pm River Studio Imad	Hot Yin Yoga 12:30pm - 1:30pm Sun Studio Shivam	
Kickboxing: Power & Agility 7:00pm - 8:00pm River Studio Rebecca		Pilates 6:45pm - 7:45pm River Studio Rena				



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