



Fall 2026 Yoga & Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength, Sculpt & Restore 8:00am - 9:00am River Studio Rena 	Muscle Up 9:00am - 9:45am 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 	Classical Pilates 8:00am - 8:45am River Studio Rena 	Strength Circuit 9:00am - 9:45am River Studio Imad 
Low Impact Build & Burn 9:15am - 10:15am River Studio Nina 	Low Impact Strength 9:15am - 10:15am River Studio Rena 	Low Impact Build & Burn 9:15am - 10:15am River Studio Nina 	Yoga Flow 10:45am - 11:45am Sun Studio Imad 	Strong & Mobile 9:15am - 10:15am River Studio Rena 	Muscle Up 8:00am - 8:45am Gym Shivam 	Hot 26 & 2 10:00am - 11:30am Sun Studio Naomi 
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 	Low Impact Strength 9:00am - 10:00am River Studio Rena 	Core Yoga 10:00am - 11:00am River Studio Imad 
Yoga Flow 12:00pm - 1:00pm River Studio Rena 	Yoga Flow 12:00pm - 1:00pm River Studio Yanira 	Yoga Flow 12:00pm - 1:00pm River Studio Shivam 	Yin Yoga 12:00pm - 1:00pm Sun Studio Imad 	Gentle Hatha 10:30am - 11:30am River Studio Alison 	Hot Power Yoga 9:00am - 10:00am Sun Studio Shivam 	Yin Yoga 11:15am - 12:30pm River Studio Imad 
Muscle Up 3:30pm - 4:15pm Gym Kevin 	Barre 1:15pm - 2:15pm River Studio Yanira 	Muscle Up 3:15pm - 4:00pm Gym Kevin 	Barre 1:30pm - 2:30pm River Studio Yanira 	Core Yoga 12:00pm - 1:00pm River Studio Alison 	Pilates 10:15am - 11:15am River Studio Rena 	Yoga Flow 2:00pm - 3:00pm River Studio Solmaz 
Muscle Up 4:30pm - 5:15pm Gym Kevin 	Body Burn Circuit 4:00pm - 4:45pm Sun Studio Kevin 	Body Burn Circuit 4:15pm - 5:00pm Gym Kevin 	Yoga Flow 4:00pm - 5:00pm River Studio Yanira 	Pilates 4:30pm - 5:30pm River Studio Rena 	Hot Yoga Flow 10:30am - 11:30am Sun Studio Jessica 	Hot 26 & 2 4:00pm - 5:30pm Sun Studio Heather 
Yoga Flow 4:45pm - 5:45pm River Studio Rena 	Pilates 4:30pm - 5:30pm River Studio Rena 	Hot Yin 5:00pm - 6:00pm Sun Studio Jacqui 	Muscle Up 4:30pm - 5:15pm Gym Kevin 	Hot 26 & 2 5:00pm - 6:30pm Sun Studio Ed 	Body Burn Circuit 11:30am - 12:15pm Gym Shivam 	Barre 5:00pm - 6:00pm River Studio Yanira 
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 5:30pm - 6:15pm River Studio Solmaz 	Zumba 5:45pm - 6:45pm River Studio Marianna 	Gentle Flow 11:30am - 12:30pm River Studio Rena 	Gentle Hatha 6:15pm - 7:15pm River Studio Yanira 
Pilates 6:00pm - 7:00pm River Studio Solmaz 	Zumba 6:30pm - 7:30pm River Studio Marianna 	Core Yoga 5:30pm - 6:30pm River Studio Alison 	Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi 	Yoga Flow 7:00pm - 8:00pm River Studio Imad 	Hot Yin Yoga 12:30pm - 1:30pm Sun Studio Shivam 	
Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi 	Yoga Flow 8:00pm - 9:00pm River Studio Jessica 	Hot Flow 6:45pm - 7:45pm Sun Studio Alison 	Zumba 6:30pm - 7:30pm River Studio Marianna 	Candlelit Yin Yoga 8:15pm - 9:15pm River Studio Imad 	Hot 26 & 2 3:00pm - 4:30pm Sun Studio Ed 	
Kickboxing 7:15pm - 8:15pm River Studio Rebecca 		Pilates 6:45pm - 7:45pm River Studio Rena 	Yoga Flow 8:00pm - 9:00pm River Studio Jacqui 			



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