



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 Rena	Low Impact Strength 9:15am - 10:15am River Studio Rena	Low Impact Build & Burn 9:15am - 10:15am River Studio Rena	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 Rena	Pilates 10:30am - 11:30am River Studio Rena	Gentle Hatha 10:30am - 11:30am River Studio Rena	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	Body Burn Circuit 3:30pm - 4:15pm Gym Kevin	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	Yoga Flow 4:00pm - 5:00pm River Studio Yanira	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	Muscle Up 4:30pm - 5:15pm Gym Kevin	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	Pilates 5:30pm - 6:15pm River Studio Solmaz	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	Hot 26 & 2 6:00pm - 7:30pm Sun Studio Naomi	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	Zumba 6:30pm - 7:30pm River Studio Marianna			
			Yoga Flow 8:00pm - 9:00pm River Studio Jacqui			



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