

Exhale Studio



Fall Schedule: **September 1–December 31, 2026**

GF Group Fitness **Y** Yoga **D** Dance **R** Reserved



All classes are accessible

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		OPEN 6:30–11:00AM		OPEN STUDIO 6:30–11:00AM			
			Yang to Yin Y 8:00–9:00AM			Beginner Yoga Y 9:00–10:00AM	Reserved R 12:00–2:00PM
LUNCH	Gentle Vinyasa Y 12:00–1:00PM	Power Surge Yoga Y 12:00–1:00PM	Restorative Flow Yoga Y 12:00–1:00PM	Core Yoga Y 12:00–1:00PM		OPEN STUDIO 12:00–6:00PM	
	OPEN STUDIO 1:30–4:30PM		OPEN STUDIO 1:30–4:30PM				
	Hatha Flow Y 5:00–6:00PM	Steady Fire Flow Y 5:00–6:00PM	Power Vinyasa Y 5:00–6:00PM		Strength & Stillness Y 5:00–6:00PM		OPEN STUDIO 3:00–6:00PM
EVENING	Sun to Stillness Y 6:15–7:15PM	Sunset Yoga Y 6:15–7:15PM	Unwind Yoga Y 6:15–7:15PM	Gentle Yoga Y 6:15–7:15PM	Musical Theatre D 6:15–7:10PM		
	K-Pop D 7:30–8:25PM	Lyrical Dreams D 7:30–8:25PM	Beginner Ballet D 7:15–8:10PM	Jumpin' Jazz D 7:30–8:25PM			Weekend Wind Down Y 7:00–8:00PM
	Hip Hop D 8:30–9:25PM	Contemp. Ballet Fusion D 8:30–9:25PM	Ballet Variations D 8:15–9:10PM	Lyrical Jazz Expression D 8:30–9:25PM			

*No classes on September 7, 30, October 12, November 11, December 24, 25, 26, 31 due to holidays.

For information about our programs and memberships visit vikesrec.ca



Memberships



Group Fitness



Yoga



Dance