

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				Ride & Core GF 6:30–7:30AM			
	Ride or Die GF 9:00–10:15AM		Ride & Reps GF 9:00–10:15AM				F' Ab Ride GF 9:00–10:15AM
							Zumba GF 10:30–11:30AM
LUNCH	Zumba GF 12:15–1:00PM	Best Abs Ever GF 12:15–1:00PM	Mat Pilates GF 12:00–1:00PM	Total Strength GF 12:15–1:00PM	OPEN STUDIO 12:00–4:00PM		OPEN STUDIO 12:00–6:00PM
	OPEN STUDIO 1:30–4:30PM		OPEN STUDIO 1:30–4:30PM				
	Power HIIT GF 5:00–6:00PM	LAB GF 5:00–6:00PM	Cardio Cut GF 5:00–6:00PM	Burn & Firm Pilates GF 5:00–6:00PM	Zumba Step GF 4:45–5:45PM	OPEN STUDIO 4:00–6:00PM	
EVENING	Burn & Balance Pilates GF 6:15–7:15PM	Barre Fusion GF 6:15–7:15PM	Strength Foundations GF 6:15–7:15PM	Partyfit GF 6:15–7:15PM			
	Reserved R 7:30–9:30PM	Trending Moves D 7:30–8:25PM	Reserved R 7:30–9:30PM	Elevate D 7:30–8:25PM			
		A Class in Sass D 8:30–9:25PM		Foundations of Hip Hop 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