Yoga

Fall Schedule: **November 30–December 20, 2026**

Visit **vikesrec.ca/yoga** for schedule, class descriptions and to reserve your spot.

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All classes are accessible

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						**Beginner Yoga** 9:00–10:00AM EXHALE STU.	
LUNCH	**Gentle Vinyasa** 12:00–1:00PM EXHALE STU.	**Power Surge Yoga** 12:00–1:00PM EXHALE STU.	**Restorative Flow** 12:00–1:00PM EXHALE STU.	**Core Yoga** 12:00–1:00PM EXHALE STU.			
EVENING	**Hatha Flow** 5:00–6:00PM EXHALE STU.	**Steady Fire Flow** 5:00–6:00PM EXHALE STU.			**Strength & Stillness** 5:00–6:00PM EXHALE STU.		
	Sun to Stillness 6:15–7:15PM EXHALE STU.		**Unwind Yoga** 6:15–7:15PM EXHALE STU.	**Gentle Yoga** 6:00–7:00PM EXHALE STU.			**Weekend Wind Down** 7:00–8:00PM EXHALE STU.

RESERVE YOUR SPOT
vikesrec.ca/yoga
QUICKLY AND EASILY

Yoga classes are included with your **Vikes Yoga** membership or any membership combined with a Yoga membership. For more information visit **vikesrec.ca/membership**.