

Fall Schedule: **September 1–November 29, 2026**

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

*No classes on September 7, 30, October 12, November 11 due to holidays.



All classes are accessible

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING			Yang to Yin 8:00–9:00AM EXHALE STU.			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.			
	Hatha Flow 5:00–6:00PM EXHALE STU.	Steady Fire Flow 5:00–6:00PM EXHALE STU.	Power Vinyasa 5:00–6:00PM EXHALE STU.		Strength & Stillness 5:00–6:00PM EXHALE STU.		
EVENING	Sun to Stillness 6:15–7:15PM EXHALE STU.	Sunset Yoga 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.



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