

DROP-IN FITNESS CLASS SCHEDULE

June 29 - September 4, 2026

MONDAY

Mat Pilates
8:30 - 9:25 am

Aquafit
9 - 9:45 am

Osteo-Fitness
10 - 10:50 am

Strength & Stretch
11 - 11:50 am

Power Pilates
12 - 12:55 pm

TUESDAY

Power Pilates
7:30 - 8:25 am

Aquafit
9 - 9:45 am

Core/Balance
10 - 10:50 am

Nordic Pole Walking
OUTDOOR ONLY
11 - 11:50 am

Yoga
11 - 11:55 am

Yoga
12 - 12:55 pm

Power Pilates
4:30 - 5:25 pm

WEDNESDAY

Mat Pilates
8:30 - 9:25 am

Aquafit
9 - 9:45 am

Osteo-Fitness
10 - 10:50 am

Osteo-Power
11 - 11:50 am

Power Pilates
12 - 12:55 pm

Spin
4 - 4:55 pm

THURSDAY

Power Pilates
7:30 - 8:25 am

Aquafit
9 - 9:45 am

Belly Dance
10:15 - 10:55

Sr. Yoga
11 - 11:55 am

Yoga
12 - 12:55 pm

Yoga Nidra & Meditation
1 - 1:25 pm

Classical Mat Pilates
1:30 - 2:25 pm

Bodyweight Bootcamp
2:30 - 3:25 pm

FRIDAY

Aquafit
9 - 9:45 am

Osteo - Fitness
10 - 10:50 am

Gentle Movement & Stretch
11 - 11:50 am

Strength & Stretch
12 - 12:50 pm

Location

-  Bailey Fitness Studio 1
-  Outdoor Activity
-  Allan Marshall Pool



Scan here or visit trentu.ca/athletics
for live schedule updates.

Updates and cancellations will be shared on social media and trentu.ca/athletics

 @TrentAthleticsCentre  Trent Athletics Centre