

# 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](https://trentu.ca/athletics) for live schedule updates.

Updates and cancellations will be shared on social media and [trentu.ca/athletics](https://trentu.ca/athletics)

 @TrentAthleticsCentre  Trent Athletics Centre