

DROP-IN FITNESS CLASS SCHEDULE

September 8 - December 18

MONDAY

Mat Pilates

8:30 - 9:25 am

Aquafit

9 - 9:45 am

Osteo-Fitness

10 - 10:50 am

Nordic Pole Walking

FS2 in case of inclement weather
10 - 10:50 am

Osteo-Fitness

11 - 11:50 am

Strength & Stretch

12 - 12:50 pm

Power Pilates

12 - 12:55 pm

Spin

6 - 6:50 pm

TUESDAY

Power Pilates

8:30 - 9:25 am

Aquafit

9 - 9:45 am

Osteo-Fitness

10 - 10:50 am

Core/Balance

11 - 11:50 am

Yoga

11:30 - 12:10 pm

Dance Mix

12 - 12:50 pm

Yoga

12:15 - 12:55 pm

Yoga Nidra

1 - 1:30 pm

Belly Dancing

1 - 1:50 pm

Power Pilates

4:30 - 5:25 pm

Zumba

6 - 6:55 pm

Hatha Yoga

7 - 7:55 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

Strength & Stretch

12 - 12:50 pm

Power Pilates

12 - 12:55 pm

Gentle Flow Yoga

3 - 3:50 pm

Bodyweight Bootcamp

4 - 4:50 pm

HIIT

5 - 5:50 pm

THURSDAY

Power Pilates

7:30 - 8:25 am

Aquafit

9 - 9:45 am

Aquafit

10 - 10:45 am

Seniors Yoga

10:30 - 11:25 am

Belly Dancing

10:30 - 11:25 am

Yoga

11:30 am - 12:10 pm

Cardio/Muscle Jam

12 - 12:55 pm

Yoga Nidra

12:15 - 1 pm

Spin

5 - 5:50 pm

Salsa Dancing

6 - 6:55 pm

Hatha Yoga

7 - 7:55 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
-  Fitness Studio 2
-  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