



CLASS SCHEDULE SPRING 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am <i>Coming Soon!</i>	6:30 am Anka 101	6:30 am ^{NEW} Anka Plus	6:30 am Anka 101	6:30 am ^{NEW} Anka 101		
7 am Anka 101	7:30 am Anka plus	7:30 am Anka 101	7:30 am Anka Plus	7:30 am Anka Flex	7 am Anka 101	7 am Anka 101
8 am ^{NEW} Anka Flex	8:30 am Anka 101	8:30 am Anka Plus	8:30 am Anka Flex	9 am Anka 101	8 am Anka Flex	8 am Anka Plus
9 am Anka 101	9:30 am Anka Flex	9:30 am Anka 101	9:30 am Anka 101	10 am Mobility	9 am Anka 101	9 am Anka 101
10 am Anka Plus	10:30 am Anka 101	10:30 am Cardio	10:30 am Mobility	11 am Anka Plus	10 am Anka Plus	10 am Anka Flex
11 am Mobility	11:30 am Anka Plus	11:30 am Anka Flex	11:30 am Anka 101	12 pm Anka 101	11 am Anka 101	11 am Cardio
12 pm Anka 101	12:30 pm Anka 101	12:30 pm Anka 101	12:30 pm Anka Plus		12 pm Anka Plus	12 pm Anka Plus
			1:30 pm ^{NEW} Anka 101		1 pm Mobility	1 pm Anka 101
					2 pm ^{NEW} Anka 101	
	4:30 pm Anka 101		4:30 pm Anka 101	4 pm Anka 101		
5 pm Anka 101	5:30 pm Mobility	5 pm Anka 101	5:30 pm Anka Plus	5 pm Anka Flex		
6 pm Anka Flex	6:30 pm Anka 101	6 pm Anka Plus	6:30 pm Anka 101	6 pm Anka 101		
7 pm Anka Plus	7:30 pm Anka Plus	7 pm Anka Advanced	7:30 pm Anka Flex	7 pm <i>Coming Soon!</i>		
8 pm Anka 101	8:30 pm ^{NEW} Anka 101	8 pm Anka 101				

Schedule subject to change based on holidays and special events.

- All level Classes
- Level 2 classes (Qualification required)
- Level 3 classes (Qualification required)

^{NEW} Starting this spring.

Version: March 26th, 2026

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