CARSA

Holiday Schedule: **December 21–27, 2026**

GF Group Fitness Y Yoga D Dance R Reserved All classes are accessible

	MONDAY (DEC 21)	TUESDAY (DEC 22)	WEDNESDAY (DEC 23)	THURSDAY (DEC 24)	FRIDAY (DEC 25)	SATURDAY (DEC 26)	SUNDAY (DEC 27)
MORNING				**Ride 45** GF 7:00–7:45AM Drive Studio			**Mat Pilates** GF 9:00–9:45AM Gwynne Studio
LUNCH	**Zumba** GF 12:15–1:00PM Gwynne Studio		**Ride 45** GF 12:15–1:00PM Drive Studio				
EVENING	**Hatha Flow** Y 5:00–6:00PM Exhale Studio	**Ride 45** GF 5:15–6:00PM Drive Studio	**Sun to Stillness** Y 5:00–6:00PM Exhale Studio				

For information about our programs and memberships visit **vikesrec.ca**

Memberships Group Fitness Yoga Dance