CARSA

Holiday Schedule: **December 28, 2026–January 3, 2027**

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

	MONDAY (DEC 28)	TUESDAY (DEC 29)	WEDNESDAY (DEC 30)	THURSDAY (DEC 31)	FRIDAY (JAN 1)	SATURDAY (JAN 2)	SUNDAY (JAN 3)
MORNING							GF **F'Ab Ride** 9:00–10:15AM Drive & Gwynne Studio
LUNCH				GF **Best Abs Ever** 12:15–1:00PM Gwynne Studio			
EVENING	GF **Ride 45** 4:45–5:30PM Drive Studio	GF **Barre Fusion** 4:45–5:45PM Gwynne Studio	Y **Restorative Flow** 4:45–5:45PM Exhale Studio				

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

Memberships Group Fitness Yoga Dance