

GROUP EXERCISE VICTORIA DAY

MONDAY MAY 18, 2026 • OPEN 9 AM TO 5 PM

**9:30AM TO 10:25AM
20/20/20 WITH ALEXANDRA**

**9:30AM TO 10:25AM
BARS & PLATES WITH LIA**

**10:30AM TO 11:15AM
AQUAFIT WITH CHARLES**

**10:30AM TO 11:25AM
YOGA PILATES FUSION WITH KARMIT**

**10:30AM TO 11:30AM
CARDIO MIX WITH EDGAR**

 **IN THE POOL**

 **EAST WEST AEROBICS STUDIO**

 **STUDIO 6**

 **STUDIO 7**