

GROUP EXERCISE LABOUR DAY

MONDAY SEPT 7, 2026 • OPEN 9 AM TO 5 PM

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

BARS + PLATES WITH LIA 9:30AM TO 10:25AM

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

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

CARDIO MIX WITH EDGAR 10:30AM TO 11:25AM

PILATES WITH JOYCE 11:30AM TO 12:25PM

BARRE WITH LISA 11:30AM TO 12:25PM

FALLS PREVENTION WITH JOYCE 12:30PM TO 1:30PM

MINDFUL MOVEMENT WITH ELIZABETH 3:30PM TO 4:30PM

 **IN THE POOL**  **AEROBICS STUDIO**  **STUDIO 5**  **STUDIO 7**