

# HOLIDAY SCHEDULE

WEDNESDAY DECEMBER 24 TO FRIDAY JANUARY 2

**NOTE  
START  
DAY**

Wednesday Dec 24th	Thursday Dec 25th	Friday Dec 26th	Saturday Dec 27th	Sunday Dec 28th	Monday Dec 29th	Tuesday Dec 30th
<b>HOLIDAY HOURS</b> <b>5am-3pm</b>  6:30 - 7am <b>CORE &amp; MOBILITY</b> Marvin  7 - 7:45am <b>CYCLING</b> Courtney  12 - 12:45pm <b>CYCLING</b> Vivian  1 - 1:45pm <b>PILATES</b> Maria	<b>CLUB CLOSED</b>	<b>HOLIDAY HOURS</b> <b>8am-5pm</b>  11 - 11:45am <b>BRING YOUR 'A' GAME</b> Marvin  12 - 12:45pm <b>BOXING</b> Richard  1 - 2pm <b>VINYASA FLOW</b> Robert Y	<b>REGULAR SCH</b> <b>7am-6pm</b>  9:30 - 10:15am <b>CYCLING</b> Felix  9:30 - 10:15am <b>BOXING</b> Richard  10:30 - 11:45am <b>YOGA FUSION</b> Robert Y  12 - 12:45pm <b>POWER &amp; FLOW</b> Kim	<b>REGULAR SCH</b> <b>8am-5pm</b>  8:30 - 10am <b>LONG RIDE</b> Larysa  9:30 - 10:30am <b>HATHA YOGA</b> Ian  11:15am - 12pm <b>MAT SCULPT</b> Melissa	<b>REGULAR SCH</b> <b>5am-10pm</b>  7:30 - 8:15am <b>MINDFUL FLOW PILATES</b> Lexi  12 - 12:45pm <b>RIP IT UP</b> Marvin  12 - 12:45pm <b>CYCLING</b> Larysa  1 - 2pm <b>HATHA YOGA</b> Robert Y  5 - 5:30pm <b>POWER PUMP</b> Marvin  5:30 - 6:15pm <b>CYCLING</b> Felix  5:45 - 6:30pm <b>HATHA REJUVENATION</b> Vivian  7 - 8pm <b>DANCE PARTY</b> Alex	<b>5am-10pm</b>  11:45am-12:45pm <b>VINYASA YOGA</b> Ian  12 - 1pm <b>CYCLING</b> Brian  1 - 1:45pm <b>STRENGTH &amp; CONDITIONING</b> Larysa  5 - 5:45pm <b>MOBILITY FLOW</b> Vivian  5:45 - 6:45pm <b>TAC RIDE</b> Vivian  6 - 6:45pm <b>PEAK PERFORMANCE</b> Johnny  6:45 - 7:30pm <b>STRETCH &amp; RELEASE</b> Johnny



Wednesday Dec 31st	Thursday Jan 1st	Friday Jan 2nd
<b>HOLIDAY HOURS</b> <b>5am-3pm</b>  6:30 - 7am <b>CORE &amp; MOBILITY</b> Marvin  7 - 7:45am <b>CYCLING</b> Courtney  12 - 12:45pm <b>CYCLING</b> Vivian  1 - 1:45pm <b>PILATES</b> Maria	<b>CLUB CLOSED</b>	<b>REGULAR SCHEDULE RESUMES</b>



**Please refer to the app for the most up-to-date schedule as classes are subject to change over the holidays**

