

# May 2024

## DROP IN FITNESS & PILATES APPARATUS

\* ALL CLASSES ARE CO-ED \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Childminding Hours</b>  <b>Monday - Friday morning</b>            9:00am - 12:00pm  <b>Saturday morning</b>            8:15am - 11:15am  <b>Monday, Wednesday &amp; Thursday evening</b>            4:45 - 7:45pm  <b>Tuesday evening</b>            4:00 - 7:45pm</p>			<p>1            9:15 SUPER CIRCUIT            9:15 BARRE INTENSITY            9:15 PILATES MAT            10:30 YOGA - PEACEFUL FLOW</p>	<p>2            6:00 PURE PSYCLE            9:15 RIPPED RIDE            9:15 EXPRESS PSYCLE            9:15 PILATES APPARATUS            10:30 BUTTS n GUTS</p>	<p>3            6:00 BARRE SCULPT            9:15 STRENGTH FOR LIFE            10:30 TRX STRENGTH &amp; CARDIO            10:30 PILATES APPARATUS</p>	<p>4            8:45 PURE PSYCLE            9:00 PILOXING            10:00 #STRONGER            10:15 PILATES APPARATUS            11:30 JUNGLE BODY</p>
<p>5            8:15 BIKER GANG (55 min.)            8:15 RAISE THE BARRE            9:30 RIPPED RIDE &amp; ROLL            11:00 BIKER BARRE            12:15 TOP GUNS N GUTS</p> <p>No Childminding</p>	<p>6            9:15 PILATES MAT            9:15 RAISE THE BARRE            10:30 CARDIO FLOW            10:30 BEGINNER APP</p>	<p>7            6:00 PURE PSYCLE            9:15 RIDE CORE + FLOW            9:15 BARRE SCULPT            9:15 PILATES APPARATUS            10:30 #STRONGER            10:30 PILATES APPARATUS</p>	<p>8            9:15 SUPER CIRCUIT            9:15 BARRE INTENSITY            9:15 PILATES MAT            10:30 YOGA - PEACEFUL FLOW</p>	<p>9            6:00 PURE PSYCLE            9:15 RIPPED RIDE            9:15 EXPRESS PSYCLE            9:15 PILATES APPARATUS            10:30 BUTTS n GUTS</p>	<p>10            6:00 BARRE SCULPT            9:15 STRENGTH FOR LIFE            10:30 TRX STRENGTH &amp; CARDIO</p>	<p>11            8:45 PURE PSYCLE            9:00 PILOXING            10:00 #STRONGER            10:15 PILATES APPARATUS            10:30 ESSENTRICS            11:30 JUNGLE BODY</p>
<p>12            8:15 RAISE THE BARRE            9:30 RIPPED RIDE &amp; ROLL            11:00 BIKER BARRE            12:15 BUTTS N GUTS</p> <p>No Childminding</p>	<p>13            9:15 PILATES MAT            9:15 BENCH &amp; BELLS            10:30 CARDIO FLOW            10:30 BEGINNER APP</p>	<p>14            6:00 PURE PSYCLE            9:15 RIDE CORE + FLOW            9:15 BARRE SCULPT            9:15 PILATES APPARATUS            10:30 #STRONGER            10:30 PILATES APPARATUS</p>	<p>15            9:15 SUPER CIRCUIT            9:15 BARRE INTENSITY            9:15 PILATES MAT            10:30 YOGA - PEACEFUL FLOW</p>	<p>16            6:00 PURE PSYCLE            9:15 RIPPED RIDE            9:15 EXPRESS PSYCLE            9:15 PILATES APPARATUS            10:30 BUTTS n GUTS</p>	<p>17            6:00 BARRE SCULPT            9:15 STRENGTH FOR LIFE            10:30 TRX STRENGTH &amp; CARDIO            10:30 YOGABARRE            10:30 PILATES APPARATUS</p>	<p>18            8:45 PURE PSYCLE            9:00 PILOXING            10:00 #STRONGER            10:15 PILATES APPARATUS            11:30 JUNGLE BODY</p>
<p>19            8:15 RAISE THE BARRE            9:30 RIPPED RIDE &amp; ROLL            11:00 BIKER BARRE            12:15 TOP GUNS N GUTS</p> <p>No Childminding</p>	<p>20            STUDIO            CLOSED</p>	<p>21            6:00 PURE PSYCLE            9:15 RIDE CORE + FLOW            9:15 BARRE SCULPT            9:15 PILATES APPARATUS            10:30 #STRONGER            10:30 PILATES APPARATUS</p>	<p>22            9:15 SUPER CIRCUIT            9:15 BARRE INTENSITY            9:15 PILATES MAT            10:30 YOGA - PEACEFUL FLOW</p>	<p>23            6:00 PURE PSYCLE            9:15 PILATES APPARATUS            9:15 RIPPED RIDE            10:30 BUTTS n GUTS</p>	<p>24            6:00 BARRE SCULPT            9:15 STRENGTH FOR LIFE            10:30 TRX STRENGTH &amp; CARDIO            10:30 BARRE SCULPT</p>	<p>25            8:45 PURE PSYCLE            9:00 PILOXING            10:00 #STRONGER            10:15 PILATES APPARATUS            10:15 ESSENTRICS            11:30 JUNGLE BODY</p>
<p>26            8:15 RAISE THE BARRE            9:30 RIPPED RIDE &amp; ROLL            11:00 BIKER BARRE            12:15 BUTTS N GUTS</p> <p>No Childminding</p>	<p>27            9:15 PILATES MAT            9:15 BENCH &amp; BELLS            10:30 CARDIO FLOW            10:30 BEGINNER APP</p>	<p>28            6:00 PURE PSYCLE            9:15 RIDE CORE + FLOW            9:15 BARRE SCULPT            9:15 PILATES APPARATUS            10:30 #STRONGER            10:30 PILATES APPARATUS</p>	<p>29            9:15 SUPER CIRCUIT            9:15 BARRE INTENSITY            9:15 PILATES MAT            10:30 YOGA - PEACEFUL FLOW</p>	<p>30            6:00 PURE PSYCLE            9:15 PILATES APPARATUS            9:15 RIPPED RIDE            10:30 BUTTS n GUTS</p>	<p>31            6:00 BARRE SCULPT            9:15 STRENGTH FOR LIFE            10:30 TRX STRENGTH &amp; CARDIO            10:30 YOGABARRE</p>	

403.341.5911

[www.studiopilates.ca](http://www.studiopilates.ca)



488 McCoy Drive  
 Red Deer County, AB T4E 0A4

