

# JANUARY 2022

# DROP IN FITNESS & PILATES APPARATUS

\* ALL CLASSES ARE CO-ED \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 RESOLUTION RIDE 9:00 PILOXING PARTY 10:15 YOGA Peace, Power & Prosperity <i>No Childminding</i>
2 8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:30 TRX STRENGTH & CARDIO <i>No Childminding Sundays</i>	3 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 PILATES APP - EI 10:30 Flow  5:15 PILOXING 5:30 PILATES APP - EI 6:00 RIPPED RIDE 6:30 PILATES APP - IA 7:15 YOGA - Peaceful FLOW	4 6:00 PUREPSYCLE 9:15 RAISE THE BARRE 9:15 PUREPSYCLE 9:15 PILATES APP - IA 10:30 PILATES APP - IA 10:30 #STRONG  5:15 BENCH n BELLS 6:00 FLO RIDER 6:30 BARRESCULPT	5 9:15 PILOXING 9:15 PILATES MAT 10:30 CONTEMPORARY BARRE  5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE 6:30 EXPRESS PSYCLE	6 6:00 PUREPSYCLE 9:15 PILATES APP - IA 9:15 RIPPED RIDE 10:30 BUTTS n GUTS  4:45 PUREPSYCLE 5:15 PILATES APP - IA 6:00 #STRONG	7 6:00 BARRESCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO  4:30 PUREPSYCLE 5:30 YOGA - FRIDAY FLOW <i>No evening Childminding</i>	8 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS  <i>Childminding 8:15 - 11:15</i>
9 8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:30 TRX STRENGTH & CARDIO <i>No Childminding Sundays</i>	10 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 PILATES APP - EI 10:30 Flow  5:15 STRENGTH FOR LIFE 5:30 PILATES APP - IA 6:00 RIPPED RIDE 6:30 PILATES APP - IA 7:15 YOGA - Peaceful FLOW	11 6:00 PUREPSYCLE 9:15 RAISE THE BARRE 9:15 PUREPSYCLE 9:15 PILATES APP - IA 10:30 PILATES APP - IA 10:30 #STRONG  5:15 BENCH n BELLS 6:00 FLO RIDER 6:30 BARRESCULPT	12 9:15 PILOXING 10:30 PILATES MAT 10:30 CONTEMPORARY BARRE  5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE 6:30 EXPRESS PSYCLE	13 6:00 PUREPSYCLE 9:15 RIPPED RIDE 10:30 BUTTS n GUTS  4:45 PUREPSYCLE 5:15 PILATES APP - IA 6:00 #STRONG	14 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO  4:30 HAPPY HOUR @ THE BARRE <i>No evening Childminding</i>	15 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS  <i>Childminding 8:15 - 11:15</i>
16 8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:30 TRX STRENGTH & CARDIO <i>No Childminding Sundays</i>  30 DAY SHIFT CHALLENGE START DATE	17 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 PILATES APP - EI 10:30 Flow  5:15 PILOXING 5:30 PILATES APP - EI 6:00 RIPPED RIDE 6:30 PILATES APP - IA 7:15 YOGA - Peaceful FLOW	18 6:00 PUREPSYCLE 9:15 RAISE THE BARRE 9:15 PUREPSYCLE 9:15 PILATES APP - IA 10:30 PILATES APP - IA 10:30 #STRONG  5:15 BENCH n BELLS 6:00 FLO RIDER 6:30 BARRESCULPT	19 9:15 PILOXING 10:30 PILATES MAT 10:30 CONTEMPORARY BARRE  5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE 6:30 EXPRESS PSYCLE	20 6:00 PUREPSYCLE 9:15 PILATES APP - IA 9:15 RIPPED RIDE 10:30 BUTTS n GUTS  4:45 PUREPSYCLE 5:15 PILATES APP - IA 6:00 #STRONG	21 6:00 BARRESCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO  4:30 PUREPSYCLE 5:30 YOGA - FRIDAY FLOW <i>No evening Childminding</i>	22 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS  <i>Childminding 8:15 - 11:15</i>
23 8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:30 TRX STRENGTH & CARDIO <i>No Childminding Sundays</i>	24 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 PILATES APP - EI 10:30 Flow  5:15 STRENGTH FOR LIFE 5:30 PILATES APP - EI 6:00 RIPPED RIDE 6:30 PILATES APP - IA 7:15 YOGA - Peaceful FLOW	25 6:00 PUREPSYCLE 9:15 RAISE THE BARRE 9:15 PUREPSYCLE 9:15 PILATES APP - IA 10:30 PILATES APP - IA 10:30 #STRONG  5:15 BENCH n BELLS 6:00 FLO RIDER 6:30 BARRESCULPT	26 9:15 PILOXING 10:30 PILATES MAT 10:30 CONTEMPORARY BARRE  5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE 6:30 EXPRESS PSYCLE	27 6:00 PUREPSYCLE 9:15 PILATES APP - IA 9:15 RIPPED RIDE 10:30 BUTTS n GUTS  4:45 PUREPSYCLE 5:15 PILATES APP - IA 6:00 #STRONG	28 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO  4:30 HAPPY HOUR @ THE BARRE <i>No evening Childminding</i>	29 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS  <i>Childminding 8:15 - 11:15</i>
30 8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:30 TRX STRENGTH & CARDIO <i>No Childminding Sundays</i>	31 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 PILATES APP - EI 10:30 Flow  5:15 PILOXING 5:30 PILATES APP - EI 6:00 RIPPED RIDE 6:30 PILATES APP - IA 7:15 YOGA - Peaceful FLOW	<p> <span style="display:inline-block; width:15px; height:10px; background-color:black;"></span> DROP IN PILATES MAT &amp; FITNESS CLASSES             <span style="display:inline-block; width:15px; height:10px; background-color:blue;"></span> PILATES APPARATUS CLASSES              \$28.50<sup>per</sup> per class (NOT included with fitness class passes)              *See staff for membership information           </p> <p> <b>RECEPTION HOURS</b>  <b>Monday to Friday mornings</b>              9:00am - 12:00pm  <b>Monday to Thursday evenings</b>              4:45pm - 7:45pm  <b>Saturday</b>              8:15am - 11:15am           </p> <p> <b>BOOM BOOM ROOM HOURS</b>  <b>Monday - Friday mornings</b>              9:00am - 12:00pm  <b>Saturday morning</b>              8:15am - 11:15am  <b>Monday - Wednesday evening</b>              5:00pm - 8:00pm  <b>Thursday evening</b>              4:45pm - 8:00pm           </p>				

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



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