



MAY 2022

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 8:30 RAISE THE BARRE 9:00 TRX & CARDIO	2 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 FLOW 5:15 PILOXING 5:30 PILATES APPARATUS 6:00 RIPPED RIDE 6:30 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	3 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 5:15 BENCH n BELLS 6:15 FLO RIDER	4 9:15 PURE PSYCLE 9:15 PILATES MAT 10:30 LENGTH & STRENGTH 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	5 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15 PILATES APPARATUS 6:00 #STRONG	6 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO	7 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG <i>Childminding 8:15 - 11:15</i>		
8 8:30 RAISE THE BARRE 9:00 RIDE & ROLL <i>No Childminding Sundays</i>	9 9:15 PURE PSYCLE 9:15 PILATES MAT 10:30 FLOW 5:15 STRENGTH FOR LIFE 5:30 PILATES APPARATUS 6:00 RIPPED RIDE 6:30 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	10 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 5:15 BENCH n BELLS 6:30 BARRE SCULPT	11 9:15 PILOXING 9:15 PILATES MAT 10:30 LENGTH & STRENGTH 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	12 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15 PILATES APPARATUS 6:00 #STRONG	13 9:15 STRENGTH FOR LIFE 9:15 PURE PSYCLE 10:30 TRX STRENGTH & CARDIO 4:30 TGIF - <i>No evening Childminding</i>	14 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i>		
15 8:30 RAISE THE BARRE 9:00 TRX & CARDIO <i>No Childminding Sundays</i>	16 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 FLOW 5:15 PILOXING 5:30 PILATES APPARATUS 6:00 RIPPED RIDE 6:30 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	17 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 5:15 BENCH n BELLS 6:15 FLO RIDER	18 9:15 PURE PSYCLE 9:15 PILATES MAT 10:30 LENGTH & STRENGTH 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	19 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15 PILATES APPARATUS 6:00 #STRONG	20 9:15 STRENGTH FOR LIFE 9:15 PURE PSYCLE 10:30 TRX STRENGTH & CARDIO	21 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG <i>Childminding 8:15 - 11:15</i>		
22 MAY LONG WEEKEND CLOSED	23 MAY LONG WEEKEND CLOSED	24 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 5:15 BENCH n BELLS 6:30 BARRE SCULPT	25 9:15 PILOXING 9:15 PILATES MAT 10:30 LENGTH & STRENGTH 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	26 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15 PILATES APPARATUS 6:00 #STRONG	27 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 4:30 TGIF - <i>No evening Childminding</i>	28 8:30 BIKER GANG 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i>		
29 8:30 RAISE THE BARRE 9:00 RIDE & ROLL <i>No Childminding Sundays</i>	30 9:15 PURE PSYCLE 9:15 PILATES MAT 10:30 FLOW 5:15 STRENGTH FOR LIFE 5:30 PILATES APPARATUS 6:00 RIPPED RIDE 6:30 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	31 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 5:15 BENCH n BELLS 6:15 FLO RIDER	<p>PILATES APPARATUS CLASSES  \$28.50+gst per class (NOT included with fitness class passes) *See staff for membership</p> <p>DROP IN PILATES MAT & FITNESS CLASSES </p>				<p>BOOM BOOM ROOM HOURS Monday - Friday mornings 9:00am - 12:00pm Saturday morning 8:15am - 11:15am Monday - Wednesday evening 5:00pm - 8:00pm Thursday evening 4:45pm - 8:00pm</p>	

403.341.5911

www.studiopilates.ca



488 McCoy Drive
Red Deer County, AB T4E 0A4

