

NOVEMBER 2021

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 PILOXING 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:15 YOGA - Peaceful FLOW	6:00 PURE PSYCLE 9:15 BARRE SCULPT 9:15 PILATES APP Int./Adv. 10:30 PILATES APP Int./Adv. 10:30 RIPPED RIDE 5:15 #STRONG 6:00 FLO RIDER 6:30 CONTEMPORARY BARRE	9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 PILATES MAT 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE	6:00 PURE PSYCLE 9:15 PILATES APP Int./Adv. 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 TRX STRENGTH & CARDIO	9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 4:30 PURE PSYCLE 5:30 YOGA - FRIDAY FLOW HEART WARMING WEEKEND	8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i> HEART WARMING WEEKEND
7	8	9	10	11	12	13
8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:00 PILOXING <i>No Childminding Sundays</i> HEART WARMING WEEKEND	9:15 PURE PSYCLE 9:15 PILATES MAT 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 STRENGTH FOR LIFE 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:15 YOGA - Peaceful FLOW	6:00 PURE PSYCLE 9:15 BARRE SCULPT 9:15 PILATES APP Int./Adv. 10:30 PILATES APP Int./Adv. 10:30 RIPPED RIDE 5:15 BENCH n BELLS 6:00 FLO RIDER 6:30 CONTEMPORARY BARRE	9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 PILATES MAT 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE	CLOSED	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 HIIT	8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i>
14	15	16	17	18	19	20
8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:00 PILOXING <i>No Childminding Sundays</i>	9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 PILOXING 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:15 YOGA - Peaceful FLOW	6:00 PURE PSYCLE 9:15 BARRE SCULPT 9:15 PILATES APP Int./Adv. 10:30 PILATES APP Int./Adv. 10:30 RIPPED RIDE 5:15 #STRONG 6:00 FLO RIDER 6:30 CONTEMPORARY BARRE	9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 PILATES MAT 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE	6:00 PURE PSYCLE 9:15 PILATES APP Int./Adv. 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 HIIT	9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 4:30 PURE PSYCLE 5:30 YOGA - FRIDAY FLOW	8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i>
21	22	23	24	25	26	27
8:30 RAISE THE BARRE 9:00 RIDE & ROLL 10:00 PILOXING <i>No Childminding Sundays</i>	9:15 PURE PSYCLE 9:15 PILATES MAT 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 STRENGTH FOR LIFE 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:15 YOGA - Peaceful FLOW	6:00 PURE PSYCLE 9:15 BARRE SCULPT 9:15 PILATES APP Int./Adv. 10:30 PILATES APP Int./Adv. 10:30 RIPPED RIDE 5:15 BENCH n BELLS 6:00 FLO RIDER 6:30 CONTEMPORARY BARRE	9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 PILATES MAT 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 PILATES MAT 6:30 BIKER BARRE	6:00 PURE PSYCLE 9:15 PILATES APP Int./Adv. 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 TRX STRENGTH & CARDIO	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 HIIT	8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i>
28	29	30	<p>STUDIO PILATES IS CELEBRATING 20 YEARS IN BUSINESS! We kick off our anniversary celebrating with prizes on Nov. 5, 6 & 7 Bring a donation for a local charity.</p> <p>Throughout the month of November you have a chance to WIN! Come to class for a chance to win a gift donated by generous local businesses!</p>			

PILATES APPARATUS CLASSES
\$28.50^{+gst} per class (NOT included with fitness class passes)
*See staff for membership information

DROP IN PILATES MAT & FITNESS CLASSES

BOOM BOOM ROOM (childminding)
Monday - Friday mornings
9:00am - 12:00pm
Saturday morning
8:15am - 11:15am
Monday - Wednesday evenings
5:00pm - 8:00pm
Thursday evening
4:45pm - 8:00pm

RECEPTION HOURS
Monday to Friday mornings
9:00am - 12:00pm
Monday to Thursday evenings
4:45pm - 7:45pm
Saturday
8:15am - 11:15am

403.341.5911

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