

# OCTOBER 2020

# DROP IN FITNESS CLASSES

\* ALL CLASSES ARE CO-ED \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				6:00-6:45 Pure PSYCLE 9:30-10:15 Pure PSYCLE 10:45-11:35 #STRONG  12:00-12:50 BUTTS n GUTS  5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:30-7:20 BENCH & BELLS	6:00-6:45 Booty Barre 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS  12:00-1:15 STRESS LESS Yoga  5:15-6:00 Interval FIT	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics  <i>Childminding 8:30-11:30</i>
4	5	6	7	8	9	10
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll  <i>No Childminding Sundays</i>	9:15-10:05 MAT Pilates 9:30-10:20 Raise the BARRE 10:30-11:20 PILATES APPARATUS 10:45-11:00 Pure PSYCLE  12:00-12:50 BENCH & BELLS  5:15-6:05 PILATES APPARATUS 5:15-6:05 Strength for LIFE 6:15-7:15 Ripped Ride 6:30-7:20 PILATES APPARATUS 7:30-8:30 YOGA Peaceful Flow	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:20 Interval FIT 10:30-11:20 PILATES APPARATUS 10:45-11:35 Strength for LIFE 11:45-12:35 GARUDA FUSION  5:15-6:05 MAT Pilates 5:15-6:05 TRX Strength&Cardio 6:00-6:50 Booty Barre 6:30-7:15 Pure PSYCLE 6:30-7:20 PILATES APPARATUS	9:15-10:05 PILATES APPARATUS 9:20-10:00 PILOXING BOOTYBUILDER 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:45 BIKER BARRE  12:00-12:50 TOP GUNS & GUTS  5:00-5:45 fitSproutz Yoga for Kids 5:15-6:05 Piloxing 6:20-7:00 PILOXING BOOTYBUILDER 6:30-7:20 CIRCUIT on the SPOT	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:15 Pure PSYCLE 10:45-11:35 BENCH & BELLS  12:00-12:50 BUTTS n GUTS  5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:15-7:05 GARDUA FUSION 6:30-7:20 #STRONG	6:00-6:45 BUTTS n GUTS 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS  12:00-1:15 STRESS LESS Yoga  5:15-6:00 Pure PSYCLE	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics  <i>Childminding 8:30-11:30</i>
11	12	13	14	15	16	17
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll  <i>No Childminding Sundays</i>	<b>CLOSED</b>	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:20 Interval FIT 10:30-11:20 PILATES APPARATUS 10:45-11:35 Strength for LIFE 11:45-12:35 GARUDA FUSION  5:15-6:05 MAT Pilates 5:15-6:05 TRX Strength&Cardio 6:00-6:50 Booty Barre 6:30-7:15 Pure PSYCLE 6:30-7:20 PILATES APPARATUS	9:15-10:05 PILATES APPARATUS 9:20-10:00 PILOXING BOOTYBUILDER 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:45 BIKER BARRE  12:00-12:50 TOP GUNS & GUTS  5:00-5:45 fitSproutz Yoga for Kids 5:15-6:05 Piloxing 6:20-7:00 PILOXING BOOTYBUILDER 6:30-7:20 CIRCUIT on the SPOT	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:15 Pure PSYCLE 10:45-11:35 BENCH & BELLS  12:00-12:50 BUTTS n GUTS  5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:15-7:05 GARDUA FUSION 6:30-7:20 #STRONG	6:00-6:45 Booty Barre 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS  12:00-1:15 STRESS LESS Yoga  5:15-6:00 TOP GUNS & GUTS	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics  <i>Childminding 8:30-11:30</i>
18	19	20	21	22	23	24
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll  <i>No Childminding Sundays</i>	9:15-10:05 MAT Pilates 9:30-10:20 Raise the BARRE 10:30-11:20 PILATES APPARATUS 10:45-11:00 Pure PSYCLE  12:00-12:50 BENCH & BELLS  5:15-6:05 PILATES APPARATUS 5:15-6:05 Strength for LIFE 6:15-7:15 Ripped Ride 6:30-7:20 PILATES APPARATUS 7:30-8:30 YOGA Peaceful Flow	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:20 Interval FIT 10:30-11:20 PILATES APPARATUS 10:45-11:35 Strength for LIFE 11:45-12:35 GARUDA FUSION  5:15-6:05 MAT Pilates 5:15-6:05 TRX Strength&Cardio 6:00-6:50 Booty Barre 6:30-7:15 Pure PSYCLE 6:30-7:20 PILATES APPARATUS	9:15-10:05 PILATES APPARATUS 9:20-10:00 PILOXING BOOTYBUILDER 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:45 BIKER BARRE  12:00-12:50 TOP GUNS & GUTS  5:00-5:45 fitSproutz Yoga for Kids 5:15-6:05 Piloxing 6:20-7:00 PILOXING BOOTYBUILDER 6:30-7:20 CIRCUIT on the SPOT	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:15 Pure PSYCLE 10:45-11:35 BENCH & BELLS  12:00-12:50 BUTTS n GUTS  5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:15-7:05 GARDUA FUSION 6:30-7:20 #STRONG	6:00-6:45 BUTTS n GUTS 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 11:30-12:20 BETTER BACKS & HIPS  12:00-1:15 STRESS LESS Yoga  5:15-6:15 BIKER BARRE	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics  <i>Childminding 8:30-11:30</i>
25	26	27	28	29	30	31
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll  <i>No Childminding Sundays</i>	9:15-10:05 MAT Pilates 9:30-10:20 Raise the BARRE 10:30-11:20 PILATES APPARATUS 10:45-11:00 Pure PSYCLE  12:00-12:50 BENCH & BELLS  5:15-6:05 PILATES APPARATUS 5:15-6:05 Strength for LIFE 6:15-7:15 Ripped Ride 6:30-7:20 PILATES APPARATUS 7:30-8:30 YOGA Peaceful Flow	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:20 Interval FIT 10:30-11:20 PILATES APPARATUS 10:45-11:35 Strength for LIFE 11:45-12:35 GARUDA FUSION  5:15-6:05 MAT Pilates 5:15-6:05 TRX Strength&Cardio 6:00-6:50 Booty Barre 6:30-7:15 Pure PSYCLE 6:30-7:20 PILATES APPARATUS	9:15-10:05 PILATES APPARATUS 9:20-10:00 PILOXING BOOTYBUILDER 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:45 BIKER BARRE  12:00-12:50 TOP GUNS & GUTS  5:00-5:45 fitSproutz Yoga for Kids 5:15-6:05 Piloxing 6:20-7:00 PILOXING BOOTYBUILDER 6:30-7:20 CIRCUIT on the SPOT	6:00-6:45 Pure PSYCLE 9:15-10:05 PILATES APPARATUS 9:30-10:15 Pure PSYCLE 10:45-11:35 BENCH & BELLS  12:00-12:50 BUTTS n GUTS  5:15-6:05 Raise the BARRE 5:15-6:05 PILATES APPARATUS 6:15-7:05 GARDUA FUSION 6:30-7:20 #STRONG	6:00-6:45 Booty Barre 9-11:30 Studio Pilates Staff Wellness Workshop 11:30-12:20 BETTER BACKS & HIPS  12:00-1:15 STRESS LESS Yoga  5:15-6:05 Piloxing	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics  <i>Childminding 8:30-11:30</i>

\* ALL CLASSES (excluding PILATES APPARATUS) ARE INCLUDED WITH PUNCH PASSES & UNLIMITED MEMBERSHIPS

 DROP IN PILATES APPARATUS CLASSES \$27+gst per class (NOT included with passes)

 DROP IN PILATES MAT & FITNESS CLASSES

 REGISTERED 6 & 8 WEEK SESSIONS

**ROOM ROOM ROOM (childminding)**

**MORNINGS**

Monday, Wednesday, Thursday 9:00am - 1:00pm  
Tuesdays & Fridays 9:00am - 12:00pm  
Saturday 8:30am - 11:30am

**EVENINGS**

Mon. to Thurs 5:00 - 8:00pm

**RECEPTION HOURS**

Monday to Friday mornings 9:00am - 12:30pm  
Monday to Friday evenings 4:45pm - 7:45pm  
Saturday 9:00am - 12:00pm  
Sunday - closed

403.341.5911

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



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