


OCTOBER 2021

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:00 BARRESCULPT 9:15 PILATES APP Essential/Int. 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	2 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS Childminding 8:15 - 11:15
3 8:30 BARRESCULPT 9:00 RIDE & ROLL 10:00 PILOXING No Childminding Sundays	4 9:15 BENCH n BELLS 9:15 <i>PILATES MAT</i> 9:15 RAISE THE BARRE 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 PILOXING 5:30 PILATES APP Essential/Int. 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:30 YOGA - Peaceful FLOW	5 6:00 PURE PSYCLE 9:15 BARRESCULPT 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	6 9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 <i>PILATES MAT</i> 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 <i>PILATES MAT</i> 6:30 BIKER BARRE	7 6:00 PURE PSYCLE 9:15 PILATES APP Int./Adv. 9:15 TRX STRENGTH & CARDIO 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 TRX STRENGTH & CARDIO	8 6:00 BUTTS n GUTS 9:15 PILATES APP Essential/Int. 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	9 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS Childminding 8:15 - 11:15
10 8:00-9:30 SPIN & YIN 10:00-11:30 STRENGTH & LENGTH \$25 POP UP CLASS!	11 9:15 PURE PSYCLE 9:15 <i>PILATES MAT</i> 9:15 RAISE THE BARRE 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 STRENGTH FOR LIFE 5:30 PILATES APP Essential/Int. 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:30 YOGA - Peaceful FLOW	12 6:00 PURE PSYCLE 9:15 BARRESCULPT 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	13 9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 <i>PILATES MAT</i> 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 <i>PILATES MAT</i> 6:30 BIKER BARRE	14 6:00 PURE PSYCLE 9:15 PILATES APP Int./Adv. 9:15 HIIT 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 HIIT	15 6:00 BARRESCULPT 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	16 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS Childminding 8:15 - 11:15
17 8:30 BARRESCULPT 9:00 RIDE & ROLL 10:00 PILOXING No Childminding Sundays	18 9:15 BENCH n BELLS 9:15 <i>PILATES MAT</i> 9:15 RAISE THE BARRE 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 PILOXING 5:30 PILATES APP Essential/Int. 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:30 YOGA - Peaceful FLOW	19 6:00 PURE PSYCLE 9:15 BARRESCULPT 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	20 9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 <i>PILATES MAT</i> 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 <i>PILATES MAT</i> 6:30 BIKER BARRE	21 6:00 PURE PSYCLE 9:15 PILATES APP Int./Adv. 9:15 TRX STRENGTH & CARDIO 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 TRX STRENGTH & CARDIO	22 6:00 BUTTS n GUTS 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	23 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS Childminding 8:15 - 11:15
24 8:30 BARRESCULPT 9:00 RIDE & ROLL 10:00 PILOXING No Childminding Sundays	25 9:15 PURE PSYCLE 9:15 <i>PILATES MAT</i> 9:15 RAISE THE BARRE 10:30 PILATES APP Essential/Int. 10:30 FLOW 5:15 STRENGTH FOR LIFE 5:30 PILATES APP Essential/Int. 6:00 RIPPED RIDE 6:30 PILATES APP Int./Adv. 7:30 YOGA - Peaceful FLOW	26 6:00 PURE PSYCLE 9:15 BARRESCULPT 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	27 9:15 PILOXING 9:15 PILATES APP Int./Adv. 10:30 <i>PILATES MAT</i> 10:30 CONTEMPORARY BARRE 5:15 CIRCUIT on the SPOT 5:30 <i>PILATES MAT</i> 6:30 BIKER BARRE	28 6:00 PURE PSYCLE 9:15 PILATES APP Int./Adv. 9:15 HIIT 10:30 BUTTS n GUTS 4:45 PURE PSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 HIIT	29 6:00 BARRESCULPT 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	30 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS Childminding 8:15 - 11:15
31 8:30 BARRESCULPT 9:00 RIDE & ROLL 10:00 PILOXING						

 PILATES APPARATUS CLASSES
\$28.50^{1st} 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

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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