



SEPTEMBER 2022

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> PILATES APPARATUS CLASSES \$28.50^{gst} per class (NOT included)</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 - Thursday evening 5:00pm - 8:00pm</p>				<p>1</p> <p>6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS</p> <p>5:15 LENGTH & STRENGTH 5:15 PILATES APPARATUS 6:00 PURE TRX</p>	<p>2</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO</p>	<p>3</p> <p>8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS</p> <p><i>Childminding 8:15 - 11:15</i></p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p>CLOSED</p>	<p>6</p> <p>6:00 PURE PSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG</p> <p>4:15 FLOW 5:15 BENCH n BELLS 6:30 BARRE SCULPT</p>	<p>7</p> <p>9:15 PILATES MAT 9:15 PILOXING 10:30 YOGA</p> <p>5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS</p>	<p>8</p> <p>6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS</p> <p>5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONG</p>	<p>9</p> <p>9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE</p> <p>4:15 PURE PSYCLE 5:15 YOGA</p>	<p>10</p> <p>8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS</p> <p><i>Childminding 8:15 - 11:15</i></p>
<p>11</p> <p>8:30 RAISE THE BARRE 9:00 TRX STRENGTH & CARDIO</p> <p><i>No Childminding Sundays</i></p>	<p>12</p> <p>9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 FLOW</p> <p>5:15 PILOXING 6:00 EXPRESS RIDE 6:30 UPPER BODY BLAST 6:00 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW</p>	<p>13</p> <p>6:00 PURE PSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG</p> <p>4:15 FLOW 5:15 BENCH n BELLS 6:30 BARRE SCULPT</p>	<p>14</p> <p>8:00 PILATES APPARATUS 9:15 PILATES MAT 9:15 PILOXING 10:30 YOGA</p> <p>5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS</p>	<p>15</p> <p>6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS</p> <p>5:15 LENGTH & STRENGTH 5:15 PILATES APPARATUS 6:00 PURE TRX</p>	<p>16</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE</p> <p>4:15 PURE PSYCLE 5:15 YOGA</p>	<p>17</p> <p>8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS</p> <p><i>Childminding 8:15 - 11:15</i></p>
<p>18</p> <p>8:30 RAISE THE BARRE 9:00 CIRCUIT</p> <p><i>No Childminding Sundays</i></p>	<p>19</p> <p>9:15 RAISE THE BARRE 9:15 PILATES MAT 10:30 FLOW</p> <p>5:15 STRENGTH FOR LIFE 6:00 BIKE HIT 6:00 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW</p>	<p>20</p> <p>6:00 PURE PSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG</p> <p>4:15 FLOW 5:15 BENCH n BELLS 6:30 BARRE SCULPT</p>	<p>21</p> <p>9:15 PILATES MAT 9:15 PILOXING 10:30 YOGA</p> <p>5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS</p>	<p>22</p> <p>6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS</p> <p>5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONG</p>	<p>23</p> <p>9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE</p> <p>4:15 PURE PSYCLE 5:15 YOGA</p>	<p>24</p> <p>8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS</p> <p><i>Childminding 8:15 - 11:15</i></p>
<p>25</p> <p>8:30 RAISE THE BARRE 9:00 TRX STRENGTH & CARDIO</p> <p><i>No Childminding Sundays</i></p>	<p>26</p> <p>9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 FLOW</p> <p>5:15 PILOXING 6:00 EXPRESS RIDE 6:30 UPPER BODY BLAST 6:00 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW</p>	<p>27</p> <p>6:00 PURE PSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG</p> <p>4:15 FLOW 5:15 BENCH n BELLS 6:30 BARRE SCULPT</p>	<p>28</p> <p>8:00 PILATES APPARATUS 9:15 PILATES MAT 9:15 PILOXING 10:30 YOGA</p> <p>5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS</p>	<p>29</p> <p>6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS</p> <p>5:15 LENGTH & STRENGTH 5:15 PILATES APPARATUS 6:00 PURE TRX</p>	<p>30</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE</p> <p>4:15 PURE PSYCLE 5:15 YOGA</p>	

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