

SEPTEMBER 2021

DROP IN FITNESS CLASSES

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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> 6:00 BIKER BARRE	2 6:00 PUREPSYCLE 9:15 PILATES APP Int./Adv. 9:15 HIT 10:30 BUTTS n GUTS 4:45 PUREPSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 HIT	3 6:00 RAISE THE BARRE 9:15 PILATES APP Essential Int. 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	4 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG <i>Childminding 8:30-11:30</i>
5 8:30 BARRESCULPT 9:15 RIDE & ROLL 10:00 ESSENTRICS <i>No Childminding Sundays</i>	6 CLOSED	7 6:00 PUREPSYCLE 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	8 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> 6:00 BIKER BARRE	9 6:00 PUREPSYCLE 9:15 PILATES APP Int./Adv. 9:15 TRX STRENGTH & CARDIO 10:30 BUTTS n GUTS 4:45 PUREPSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 TRX STRENGTH & CARDIO	10 6:00 BUTTS n GUTS 9:15 PILATES APP Essential Int. 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	11 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG <i>Childminding 8:30-11:30</i>
12 8:30 BARRESCULPT 9:15 RIDE & ROLL 10:00 PILOXING <i>No Childminding Sundays</i>	13 9:15 PUREPSYCLE 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	14 6:00 PUREPSYCLE 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	15 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> 6:00 BIKER BARRE	16 6:00 PUREPSYCLE 9:15 PILATES APP Int./Adv. 9:15 HIT 10:30 BUTTS n GUTS 4:45 PUREPSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 HIT	17 6:00 RAISE THE BARRE 9:15 PILATES APP Essential Int. 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	18 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG <i>Childminding 8:30-11:30</i>
19 8:30 BARRESCULPT 9:15 RIDE & ROLL 10:00 PILOXING <i>No Childminding Sundays</i>	20 9:15 BENCH n BELLS 9:15 <i>PILATES MAT</i> 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	21 6:00 PUREPSYCLE 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	22 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> 6:00 BIKER BARRE	23 6:00 PUREPSYCLE 9:15 PILATES APP Int./Adv. 9:15 TRX STRENGTH & CARDIO 10:30 BUTTS n GUTS 4:45 PUREPSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 TRX STRENGTH & CARDIO	24 6:00 BUTTS n GUTS 9:15 PILATES APP Essential Int. 9:15 STRENGTH FOR LIFE 10:30 RIPPED RIDE	25 8:30-9:30 BIKER GANG 9:00-10:00 PILOXING 10:00 #STRONG <i>Childminding 8:30-11:30</i>
26 8:30 BARRESCULPT 9:15 RIDE & ROLL 10:00 ESSENTRICS <i>No Childminding Sundays</i>	27 9:15 PUREPSYCLE 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	28 6:00 PUREPSYCLE 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	29 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> 6:00 BIKER BARRE	30 6:00 PUREPSYCLE 9:15 PILATES APP Int./Adv. 9:15 HIT 10:30 BUTTS n GUTS 4:45 PUREPSYCLE 5:15-6:05 PILATES APP Int./Adv. 6:00 HIT		


ROOM ROOM ROOM (childminding)

Monday - Friday mornings
9:00am - 12:00pm
Saturday morning
8:30am - 11:30am

Monday - Thursday evenings
5:00 - 8:00pm

RECEPTION HOURS

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

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

 DROP IN PILATES MAT & FITNESS CLASSES

403.341.5911

www.studiopilates.ca



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