

SEPTEMBER 2020

DROP IN FITNESS CLASSES

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		6:00-6:45 Pure PSYCLE 9:30-10:20 Interval FIT 10:45-11:35 Strength for LIFE 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	9:30-10:20 #STRONG 10:45-11:35 BIKER BARRE 12:00-12:50 TRX Strength&Cardio 5:15-6:05 Piloxing 6:30-7:20 CIRCUIT on the SPOT	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 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 5:15-6:00 *NO Pure PSYCLE <i>Long weekend</i>	8:30-9:30 Biker GANG 9:00-10:00 Piloxing 10:30-11:30 Essentrics <i>Childminding 8:30-11:30</i>
6	7	8	9	10	11	12
8:30-9:30 Booty Barre 9:15-10:15 TRX Strength & Cardio 10:30-11:30 Ride & Roll <i>No Childminding Sundays</i>	STUDIO CLOSED	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 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 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:35 BIKER BARRE 12:00-12:50 TRX Strength&Cardio 5:15-6:05 Piloxing 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 6:30-7:20 #STRONG	6:00-6:45 BUTTS n GUTS 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 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>
13	14	15	16	17	18	19
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	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 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 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:35 BIKER BARRE 12:00-12:50 TRX Strength&Cardio 5:15-6:05 Piloxing 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 #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 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>
20	21	22	23	24	25	26
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	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 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 9:30-10:20 #STRONG 10:30-11:20 PILATES APPARATUS 10:45-11:35 BIKER BARRE 12:00-12:50 TRX Strength&Cardio 5:15-6:05 Piloxing 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 6:30-7:20 #STRONG	6:00-6:45 BUTTS n GUTS 9:15-10:05 Strength for LIFE 10:30-11:30 Ripped Ride 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>
27	28	29	30			
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* 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

ROOM BOOM 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

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