

MAY 2026

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGABARRE 10:30 BEGINNER APPARATUS 5:00 YOGA - YIN Friday Flow	8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 APPARATUS - ALL LEVELS 10:15 ESSENTRICS 11:30 JUNGLE BODY
3	4	5	6	7	8	9
8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE <i>No Childminding</i>	9:15 RAISE THE BARRE 9:15 MAT PILATES 10:15 BEGINNER APPARATUS 10:30 CARDIO FLOW 11:15 PILATES APPARATUS 65 4:45 PSYCLE & SCULPT 5:00 BUTTS n GUTS 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 APPARATUS - ALL LEVELS 7:30 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 APPARATUS - INTERMEDI 10:15 APPARATUS - ALL LEVELS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 MAT PILATES 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDI 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	9:15 #STRONGER CIRCUIT 9:15 MAT PILATES 10:15 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 INTERVAL FIT 5:30 MAT PILATES 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDI 10:30 STRONG & STABLE 4:15 CORE BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 10:30 BEGINNER APPARATUS 5:00 YOGA - YIN Friday Flow	8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 ESSENTRICS 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY
10	11	12	13	14	15	16
8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE <i>No Childminding</i>	9:15 INTERVAL FIT 9:15 MAT PILATES 10:15 BEGINNER APPARATUS 10:30 CARDIO FLOW 11:15 PILATES APPARATUS 65 4:45 PSYCLE & SCULPT 5:00 STRONG & STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 APPARATUS - ALL LEVELS 7:30 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 APPARATUS - INTERMEDI 10:15 APPARATUS - ALL LEVELS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 MAT PILATEES 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDI 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	9:15 #STRONGER CIRCUIT 9:15 MAT PILATES 10:15 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 #STRONGER 5:30 MAT PILATES 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDI 10:30 BUTTS n GUTS 4:15 YOGA BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 10:30 BEGINNER APPARATUS 5:00 YOGA - YIN Friday Flow	8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 ESSENTRICS 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY
17	18	19	20	21	22	23
8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE <i>No Childminding</i>	STUDIO CLOSED VICTORIA DAY	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:15 PILATES APPARATUS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 MAT PILATEES 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDI 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	9:15 #STRONGER CIRCUIT 9:15 MAT PILATES 10:15 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 INTERVAL FIT 5:30 MAT PILATES 6:15 PILOXING 6:30 BEGINNER APPARATUS	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDI 10:30 STRONG & STABLE 4:15 CORE BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 10:30 BEGINNER APPARATUS 5:00 YOGA - YIN Friday Flow	8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:00 #STRONGER 10:15 ESSENTRICS 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY
24	25	26	27	28	29	30
8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE	9:15 RAISE THE BARRE 9:15 MAT PILATES 10:30 BEGINNER APPARATUS 10:30 CARDIO FLOW 11:15 PILATES APPARATUS 65	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER	9:15 #STRONGER CIRCUIT 9:15 MAT PILATES 10:15 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65	6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDI 10:30 BUTTS n GUTS	6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 10:30 BEGINNER APPARATUS	8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 ESSENTRICS 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY
31						
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