

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	6:00 - 6:45 *Interval FIT 9:15-10:15 Booty Barre 9:15-10:15 *Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Men's APPARATUS 6:30-7:30 STEP	6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength&Mobility 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:15 Strength for Life 10:30-11:15 *Ride & Roll 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	9:15-10:15 Booty Barre SCULPT 9:15-10:15 *Interval FIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 *BIKER BARRE	6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 *BIKER BARRE 10:30 - 11:15 *Interval FIT 12:10 - 12:50 Booty Barre SCULPT 5:15-6:00 *Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15 - 7:15 PILOXING 6:30-7:30 Pilates MAT	9:15-10:15 Pilates APPARATUS 9:15-10:15 Strength for Life 9:15-10:30 *PSYCLE STRONG 10:30 - 11:30 STEP 5:15-6:15 Happy Hour at the BARRE <i>No eve childminding</i>	8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00-10:40 Beginner Spinner 10:30-11:30 ESSENTRICS
7	8	9	10	11	12	13
8:00-9:00 Booty Barre 9:15-10:15 *Flo Rider 10:30-11:30 STEP	9:15-10:15 Booty Barre 9:15-10:15 *Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Men's APPARATUS 6:30 - 7:30 STEP	6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:15 Strength for Life 10:30-11:15 *Ride & Roll 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	9:15-10:15 Booty Barre SCULPT 9:15-10:15 #STRONG 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 *BIKER BARRE	6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 *BIKER BARRE 10:30 - 11:15 *Interval FIT 12:10 - 12:50 *Pure PSYCLE 5:15-6:00 *Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15 - 7:15 PILOXING 6:30-7:30 Pilates MAT	6:00-6:45 #STRONG 9:15-10:15 Pilates APPARATUS 9:15-10:30 Strength for Life 9:15-10:30 *PSYCLE STRONG 10:30 - 11:30 STEP 5:15-6:15 Happy Hour at the Barre <i>No eve childminding</i>	8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 ESSENTRICS
14	15	16	17	18	19	20
8:00-9:00 Booty Barre 9:15-10:15 *Flo Rider 10:30-11:30 STEP	6:00-6:45 *Interval FIT 9:15-10:15 Booty Barre 9:15-10:15 *Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Men's APPARATUS 6:30 - 7:30 STEP	6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength & Mobility 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:15 Strength for Life 10:30-11:15 *Ride & Roll 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	9:15-10:15 Booty Barre SCULPT 9:15-10:15 *Interval FIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 *BIKER BARRE	6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 *BIKER BARRE 10:30 - 11:15 *Interval FIT 12:10 - 12:50 Booty Barre SCULPT 5:15-6:00 *Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT	GOOD FRIDAY STUDIO CLOSED	8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00-10:40 Beginner Spinner 10:30-11:30 ESSENTRICS
21	22	23	24	25	26	27
EASTER SUNDAY STUDIO CLOSED	EASTER MONDAY SPECIALTY CLASSES TBA 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:30-6:30 Pilates MAT 6:30-7:30 Men's APPARATUS	6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:15 Strength for Life 10:30 - 11:15 - Ride & Roll 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	9:15-10:15 Booty Barre SCULPT 9:15-10:15 #STRONG 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 *BIKER BARRE	6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 *BIKER BARRE 10:30 - 11:15 *Interval FIT 12:10 - 12:50 *Pure PSYCLE 5:15-6:00 *Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT	6:00-6:45 #STRONG 9:15-10:15 Pilates APPARATUS 9:15-10:15 Strength for Life 9:15-10:30 *PSYCLE STRONG 10:30 - 11:30 STEP 5:15-6:15 Happy Hour at the Barre <i>No eve childminding</i> 5:30-8:00 iPhoneography with Jennifer Swenson Childminding 6:30-8:00	8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 ESSENTRICS
28	29	30				
8:00-9:00 Booty Barre 9:15-10:15 *Flo Rider 10:00-11:00 Pilates Circuit 10:30-11:30 STEP	6:00-6:45 *Interval FIT 9:15-10:15 Booty Barre 9:15-10:15 *Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Men's APPARATUS 6:30-7:30 STEP	6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength & Mobility 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:15 Strength for Life 10:30-11:15 *Ride & Roll 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga				

* PILATES APPARATUS CLASSES REQUIRE REGISTRATION FOR A SESSION - CONTACT studiopilatesrd@gmail.com

* ALL OTHER CLASSES (including Mat Pilates) ARE INCLUDED WITH PUNCH PASSES & UNLIMITED MEMBERSHIPS

*Pilates CIRCUIT class requires drop in apparatus fee. Pilates experience preferred.

 PILATES APPARATUS - REGISTRATION REQUIRED

 DROP IN PILATES MAT & FITNESS CLASSES

 DROP IN PILATES CIRCUIT

BOOM BOOM ROOM (Childminding) HOURS

MORNINGS
Monday, Tuesday, Wednesday, Friday
Thursdays 9:00am - 1:00pm *(NEW)
Saturday 8:30 - 11:30 am

9:00 am - Noon

EVENINGS
Monday to Thursday 5:00 - 8:00 pm



* Indicates a MY ZONE CLASS. MY ZONE is an optional Heart Rate Monitoring technology to measure your intensity and display your heart rate, calories burned, and percentage of maximum heart rate. Please arrive 5 - 10 minutes early to class to put your heart rate chest strap on under your shirt and sign into the MY ZONE system. You may attend a class that is a designated MY ZONE class and choose to not wear the chest strap.

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