

# December 2024

# DROP IN FITNESS & PILATES APPARATUS

\* ALL CLASSES ARE CO-ED \*

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|---|---|---|---|--|---|
| <p>1</p> <p>10:15 RAISE THE BARRE *time chg</p> <p>11:00 BIKER BARRE</p> <p>No Childminding</p> <p>3:30 COMMUNITY KARMA CLASS</p> | <p>2</p> <p>9:15 RAISE THE BARRE</p> <p>9:15 PILATES MAT</p> <p>10:30 BEGINNER APP</p> <p>10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS</p> <p>5:15 STRONG &amp; STABLE</p> <p>6:00 RIPPED RIDE</p> <p>6:15 JUNGLE BODY</p> <p>6:15 PILATES APPARATUS</p> <p>7:15 YOGA - PEACEFUL FLOW</p>  | <p>3</p> <p>6:00 PURE PSYCLE</p> <p>9:15 RIDE CORE + FLOW</p> <p>9:15 PILATES APPARATUS</p> <p>10:30 PILATES APPARATUS</p> <p>10:30 #STRONGER</p> <p>4:15 CARDIO FLOW</p> <p>5:15 BARRE SCULPT</p> <p>5:15 PILATES APPARATUS</p> <p>6:15 #STRONGER</p>  | <p>4</p> <p>9:15 #STRONGER CIRCUIT</p> <p>9:15 BARRE STRONG</p> <p>9:15 PILATES MAT</p> <p>10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 INTERVAL FIT</p> <p>5:30 PILATES MAT</p> <p>5:45 EXPRESS PSYCLE</p> <p>6:20 TRX STRENGTH TRAINING</p>   | <p>5</p> <p>6:00 PURE PSYCLE</p> <p>9:15 RIPPED RIDE</p> <p>9:15 PILATES APPARATUS</p> <p>10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS</p> <p>5:15 STRENGTH FOR LIFE</p> <p>5:15 PILATES APPARATUS</p> <p>6:00 RIDE CORE + FLOW</p> <p>6:15 STEP</p> <p>6:15 PILATES APPARATUS</p>  | <p>6</p> <p>6:00 BARRE SCULPT</p> <p>9:15 STRENGTH FOR LIFE</p> <p>9:30 TRX STRENGTH &amp; CARDIO</p> <p>10:30 YOGABARRE</p> <p>5:00 YOGA</p>  | <p>7</p> <p>8:45 PURE PSYCLE</p> <p>9:00 PILOXING</p> <p>10:00 #STRONGER</p> <p>10:15 ESSENTRICS</p> <p>10:15 PILATES APPARATUS</p> <p>11:30 JUNGLE BODY</p>  |
| <p>8</p> <p>8:15 RAISE THE BARRE</p> <p>9:30 RIPPED RIDE &amp; ROLL</p> <p>11:00 BIKER BARRE</p> <p>No Childminding</p>           | <p>9</p> <p>9:15 INTERVAL FIT</p> <p>9:15 PILATES MAT</p> <p>10:30 BEGINNER APP</p> <p>10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS</p> <p>5:15 STEP</p> <p>6:00 RIPPED RIDE</p> <p>6:15 JUNGLE BODY</p> <p>6:15 PILATES APPARATUS</p> <p>7:15 YOGA - PEACEFUL FLOW</p>                    | <p>10</p> <p>6:00 PURE PSYCLE</p> <p>9:15 RIDE CORE + FLOW</p> <p>9:15 PILATES APPARATUS</p> <p>10:30 PILATES APPARATUS</p> <p>10:30 #STRONGER</p> <p>4:15 CARDIO FLOW</p> <p>5:15 BARRE SCULPT</p> <p>5:15 PILATES APPARATUS</p> <p>6:15 #STRONGER</p> | <p>11</p> <p>9:15 #STRONGER CIRCUIT</p> <p>9:15 BARRE STRONG</p> <p>9:15 PILATES MAT</p> <p>10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 #STRONGER</p> <p>5:30 PILATES MAT</p> <p>5:45 EXPRESS PSYCLE</p> <p>6:20 TRX STRENGTH TRAINING</p>   | <p>12</p> <p>6:00 PURE PSYCLE</p> <p>9:15 RIPPED RIDE</p> <p>9:15 PILATES APPARATUS</p> <p>10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS</p> <p>5:15 STRENGTH FOR LIFE</p> <p>5:15 PILATES APPARATUS</p> <p>6:00 RIDE CORE + FLOW</p> <p>6:15 STEP</p> <p>6:15 PILATES APPARATUS</p> | <p>13</p> <p>6:00 BARRE SCULPT</p> <p>9:15 STRENGTH FOR LIFE</p> <p>9:30 TRX STRENGTH &amp; CARDIO</p> <p>10:30 YOGABARRE</p> <p>5:00 YOGA</p> | <p>14</p> <p>8:45 PURE PSYCLE</p> <p>9:00 PILOXING</p> <p>10:00 #STRONGER</p> <p>10:15 ESSENTRICS</p> <p>10:15 PILATES APPARATUS</p> <p>11:30 JUNGLE BODY</p> |
| <p>15</p> <p>8:15 RAISE THE BARRE</p> <p>9:30 RIPPED RIDE &amp; ROLL</p> <p>11:00 BIKER BARRE</p> <p>No Childminding</p>          | <p>16</p> <p>9:15 RAISE THE BARRE</p> <p>9:15 PILATES MAT</p> <p>10:30 BEGINNER APP</p> <p>10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS</p> <p>5:15 STRONG &amp; STABLE</p> <p>6:00 RIPPED RIDE</p> <p>6:15 JUNGLE BODY</p> <p>6:15 PILATES APPARATUS</p> <p>7:15 YOGA - PEACEFUL FLOW</p> | <p>17</p> <p>6:00 PURE PSYCLE</p> <p>9:15 RIDE CORE + FLOW</p> <p>9:15 PILATES APPARATUS</p> <p>10:30 PILATES APPARATUS</p> <p>10:30 #STRONGER</p> <p>4:15 CARDIO FLOW</p> <p>5:15 BARRE SCULPT</p> <p>5:15 PILATES APPARATUS</p> <p>6:15 #STRONGER</p> | <p>18</p> <p>9:15 #STRONGER CIRCUIT</p> <p>9:15 BARRE STRONG</p> <p>9:15 PILATES MAT</p> <p>10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 INTERVAL FIT</p> <p>5:30 PILATES MAT</p> <p>5:45 EXPRESS PSYCLE</p> <p>6:20 TRX STRENGTH TRAINING</p>  | <p>19</p> <p>6:00 PURE PSYCLE</p> <p>9:15 RIPPED RIDE</p> <p>9:15 PILATES APPARATUS</p> <p>10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS</p> <p>5:15 STRENGTH FOR LIFE</p> <p>5:15 PILATES APPARATUS</p> <p>6:00 RIDE CORE + FLOW</p> <p>6:15 STEP</p> <p>6:15 PILATES APPARATUS</p> | <p>20</p> <p>6:00 BARRE SCULPT</p> <p>9:15 STRENGTH FOR LIFE</p> <p>9:30 TRX STRENGTH &amp; CARDIO</p> <p>10:30 YOGABARRE</p> <p>5:00 YOGA</p> | <p>21</p> <p>8:45 PURE PSYCLE</p> <p>9:00 PILOXING</p> <p>10:00 #STRONGER</p> <p>10:15 ESSENTRICS</p> <p>10:15 PILATES APPARATUS</p> <p>11:30 JUNGLE BODY</p> |
| <p>22</p> <p>8:15 RAISE THE BARRE</p> <p>9:30 RIPPED RIDE &amp; ROLL</p> <p>11:00 BIKER BARRE</p> <p>No Childminding</p>          | <p>23</p> <p>9:15 INTERVAL FIT</p> <p>9:15 PILATES MAT</p> <p>10:30 BEGINNER APP</p> <p>10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS</p> <p>5:15 STEP</p> <p>6:00 RIPPED RIDE</p> <p>6:15 JUNGLE BODY</p> <p>6:15 PILATES APPARATUS</p> <p>7:15 YOGA - PEACEFUL FLOW</p>                   | <p>24</p> <p>8:30 #STRONG AS SANTA</p> <p>9:00 JINGLE BARRE</p> <p>9:30 REINDEER RIPPED RIDE</p>  | <p>25</p> <p>MERRY CHRISTMAS<br/>STUDIO CLOSED</p>  | <p>26</p> <p>STUDIO CLOSED</p>  | <p>27</p> <p>6:00 BARRE SCULPT</p> <p>9:15 STRENGTH FOR LIFE</p> <p>9:30 TRX STRENGTH &amp; CARDIO</p> <p>10:30 YOGABARRE</p> <p>5:00 YOGA</p> | <p>28</p> <p>8:45 PURE PSYCLE</p> <p>9:00 PILOXING</p> <p>10:00 #STRONGER</p> <p>10:15 PILATES APPARATUS</p> <p>10:15 ESSENTRICS</p> <p>11:30 JUNGLE BODY</p> |
| <p>29</p> <p>8:15 RAISE THE BARRE</p> <p>9:30 RIPPED RIDE &amp; ROLL</p> <p>11:00 BIKER BARRE</p> <p>No Childminding</p>          | <p>30</p> <p>9:15 RAISE THE BARRE</p> <p>9:15 PILATES MAT</p> <p>10:30 BEGINNER APP</p> <p>10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS</p> <p>5:15 STRONG &amp; STABLE</p> <p>6:00 RIPPED RIDE</p> <p>6:15 JUNGLE BODY</p> <p>6:15 PILATES APPARATUS</p> <p>7:15 YOGA - PEACEFUL FLOW</p> | <p>31</p> <p>HOLIDAY HUSTLE SCHEDULE<br/>TBD..</p>  | <p><b>Childminding Hours</b></p> <p><b>Monday - Friday morning</b><br/>9:00am - 12:00pm</p> <p><b>Saturday morning</b><br/>8:15am - 11:15am</p> <p><b>Monday, Wednesday &amp; Thursday evening</b><br/>4:45 - 7:45pm</p> <p><b>Tuesday evening</b><br/>4:00 - 7:45pm</p> <p><b>DROP IN PILATES MAT &amp; FITNESS CLASSES</b></p> <p><b>PILATES APPARATUS CLASSES</b><br/>\$28.50+gst per class<br/>(NOT included with fitness class passes)</p> |   |  |   |

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