

# FEBRUARY 2024

# DROP IN FITNESS & PILATES APPARATUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DROP IN PILATES MAT &amp; FITNESS</b></p> <p>PILATES APPARATUS CLASSES (NOT included with fitness class passes)</p> <p>8 WEEK REGISTERED SESSION</p>	<p><b>CHILDMINDING HOURS</b></p> <p>Monday - Friday mornings 9:00am - 12:00pm Saturday morning 8:15am - 11:15am</p> <p>Monday, Wednesday &amp; Thursday evenings 5:00pm - 8:00pm Tuesday evenings 4:00pm - 8:00pm</p>			<p>1</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 Strength for LIFE 5:15 PILATES APPARATUS 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS</p>	<p>2</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:15 PILATES APPARATUS 9:30 TRX Cardio 10:30 YogaBarre</p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>3</p> <p>8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 Essentrics 11:30 JUNGLE BODY</p> <p>Childminding 8:15 - 11:15</p>
<p>4</p> <p>8:15 Biker Gang (55 min ride) 8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 11:00 Biker Barre</p> <p>No Childminding Sundays</p>	<p>5</p> <p>9:15 BENCH &amp; BELLS 9:15 PILATES MAT 10:30 Cardio Flow 10:30 BEGINNER PILATES APP.</p> <p>5:15 Piloxing 6:00 Ripped Ride 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - Peaceful Flow</p>	<p>6</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 BARRE SCULPT 10:30 #STRONGER 10:30 PILATES APPARATUS</p> <p>4:15 Cardio Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 BETTER BACKS</p>	<p>7</p> <p>9:15 SUPER CIRCUIT 9:15 PILATES MAT 9:15 JUNGLE BODY 10:30 YOGA - Peaceful Flow</p> <p>5:15 #STRONGER 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>8</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 Strength for LIFE 5:15 PILATES APPARATUS 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS</p>	<p>9</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:15 PILATES APPARATUS 9:30 TRX Cardio 10:30 YogaBarre</p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>10</p> <p>8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 Essentrics 11:30 JUNGLE BODY</p> <p>Childminding 8:15 - 11:15</p>
<p>11</p> <p>8:15 Biker Gang (55 min ride) 8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 11:00 Biker Barre</p> <p>No Childminding Sundays</p>	<p>12</p> <p>9:15 Raise the BARRE 9:15 PILATES MAT 10:30 Cardio Flow 10:30 BEGINNER PILATES APP.</p> <p>5:15 Piloxing 6:00 Ripped Ride 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - Peaceful Flow</p>	<p>13</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 BARRE SCULPT 10:30 #STRONGER 10:30 PILATES APPARATUS</p> <p>4:15 Cardio Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 BETTER BACKS</p>	<p>14</p> <p>9:15 SUPER CIRCUIT 9:15 PILATES MAT 9:15 JUNGLE BODY 10:30 YOGA - Peaceful Flow</p> <p>5:15 BENCH &amp; BELLS 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>15</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 Strength for LIFE 5:15 PILATES APPARATUS 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS</p>	<p>16</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:15 PILATES APPARATUS 9:30 TRX Cardio 10:30 YogaBarre</p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>17</p> <p>8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 Essentrics 11:30 JUNGLE BODY</p> <p>Wellness Workshop</p> <p>Childminding 8:15 - 11:15</p>
<p>18</p> <p>8:15 Biker Gang (55 min ride) 8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 11:00 Biker Barre</p> <p>No Childminding Sundays</p>	<p>19</p> <p>FAMILY DAY STUDIO CLOSED</p>	<p>20</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 BARRE SCULPT 10:30 #STRONGER 10:30 PILATES APPARATUS</p> <p>4:15 Cardio Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 BETTER BACKS</p>	<p>21</p> <p>9:15 SUPER CIRCUIT 9:15 PILATES MAT 9:15 JUNGLE BODY 10:30 YOGA - Peaceful Flow</p> <p>5:15 #STRONGER 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>22</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 Strength for LIFE 5:15 PILATES APPARATUS 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS</p>	<p>23</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:15 PILATES APPARATUS 9:30 TRX Cardio 10:30 YogaBarre</p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>24</p> <p>8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 Essentrics 11:30 JUNGLE BODY</p> <p>Childminding 8:15 - 11:15</p>
<p>25</p> <p>8:15 Biker Gang (55 min ride) 8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 11:00 Biker Barre</p> <p>No Childminding Sundays</p>	<p>26</p> <p>9:15 Raise the BARRE 9:15 PILATES MAT 10:30 Cardio Flow 10:30 BEGINNER PILATES APP.</p> <p>5:15 Piloxing 6:00 Ripped Ride 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - Peaceful Flow</p>	<p>27</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 BARRE SCULPT 10:30 #STRONGER 10:30 PILATES APPARATUS</p> <p>4:15 Cardio Flow 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 BETTER BACKS</p>	<p>28</p> <p>9:15 SUPER CIRCUIT 9:15 PILATES MAT 9:15 JUNGLE BODY 10:30 YOGA - Peaceful Flow</p> <p>5:15 BENCH &amp; BELLS 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>29</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 Strength for LIFE 5:15 PILATES APPARATUS 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS</p>		

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