

February 2025

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Childminding Hours</p> <p>Monday - Friday morning 9:00am - 12:00pm</p> <p>Saturday morning 8:15am - 11:15am</p> <p>Monday, Wednesday & Thursday evening 4:45 - 7:45pm</p> <p>Tuesday evening 4:00 - 7:45pm</p>						<p>1</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 10:15 #STRONGER 4:45 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>2</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE</p> <p>No Childminding</p>	<p>3</p> <p>9:15 INTERVAL FIT 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS 5:15 STRONG & STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW</p>	<p>4</p> <p>6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>5</p> <p>9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 #STRONGER 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX Strength & Cardio</p>	<p>6</p> <p>6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS</p>	<p>7</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	<p>8</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 10:15 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>9</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE</p> <p>No Childminding</p>	<p>10</p> <p>9:15 RAISE THE BARRE 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS 5:15 STRONG & STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW</p>	<p>11</p> <p>6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>12</p> <p>9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 INTERVAL FIT 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX STRENGTH TRAINING</p>	<p>13</p> <p>6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS</p>	<p>14</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	<p>15</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 10:15 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>16</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE</p> <p>No Childminding</p>	<p>17</p> <p>FAMILY DAY STUDIO CLOSED</p>	<p>18</p> <p>6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>19</p> <p>9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 #STRONGER 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX Strength & Cardio</p>	<p>20</p> <p>6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS</p>	<p>21</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	<p>22</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 10:15 #STRONGER 4:45 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>23</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE</p> <p>No Childminding</p>	<p>24</p> <p>9:15 RAISE THE BARRE 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS 5:15 STRONG & STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW</p>	<p>25</p> <p>6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>26</p> <p>9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 INTERVAL FIT 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX Strength & Cardio</p>	<p>27</p> <p>6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS</p>	<p>28</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	

403.341.5911

www.studiopilates.ca



488 McCoy Drive
Red Deer County, AB T4E 0A4

