

JULY 2024

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PILATES APPARATUS CLASSES \$28.50^{per class} (NOT included with fitness class passes)</p> <p>DROP IN PILATES MAT & FITNESS</p>	1 CANADA DAY STUDIO CLOSED	2 6:00 PURE PSYCLE 9:00 RIPPED RIDE 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONGER	3 9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 BENCH n BELLS 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	4 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:15 PILATES APPARATUS 6:30 STEP	5 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 INTRO PILATES REFORME 10:30 YOGABARRE	6 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 ESSENTRICS 11:30 JUNGLE BODY
7 8:15 BIKER GANG (55 min.) 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE No Childminding	8 9:15 PILATES MAT 9:15 BENCH n BELLS 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 PILATES APPARATUS 5:15 STEP AEROBICS 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	9 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONGER	10 9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 PILATES MAT 4:30 POWER HOUR - Teen 5:15 #STRONGER 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	11 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 BIKE & BREW EVENT 6:15 PILATES APPARATUS 6:30 STEP	12 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 CHAIR & BARREL PILATES	13 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
14 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE No Childminding	15 9:15 PILATES MAT 9:15 RAISE THE BARRE 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 PILATES APPARATUS 5:15 PILOXING 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	16 6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONGER	17 9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 BENCH n BELLS 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	18 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:15 PILATES APPARATUS 6:30 STEP	19 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 10:30 INTRO PILATES REFORME	20 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 ESSENTRICS 10:30 SUP & SUN - SYLVAN LAKE 11:30 JUNGLE BODY
21 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE 2:00-4:00 Tifest Performance Institute The Body Swing Connection No Childminding	22 9:15 PILATES MAT 9:15 BENCH n BELLS 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 PILATES APPARATUS 5:15 STEP 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	23 6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONGER	24 9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 #STRONGER 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	25 6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:15 PILATES APPARATUS 6:30 STEP	26 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 10:30 CHAIR & BARREL PILATES	27 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
28 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE No Childminding	29 9:15 PILATES MAT 9:15 RAISE THE BARRE 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 PILATES APPARATUS 5:15 PILOXING 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	30 6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONGER	31 9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 BENCH n BELLS 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	<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>		

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