


* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 CANADA DAY LONG WEEKEND STUDIO CLOSED			 <p>* 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.</p>			1 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 (NO ESSENTRICS)
2 8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 9:30 - 10:15 Pilates for Performance 10:30 - 11:30 STEP (No Childminding Sunday)	3 9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30 - 11:15 TRX 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00 - 6:30 *Express PSYCLE 6:00-7:00 * PSYCLE & TRX 6:30-7:30 Men's APPARATUS	4 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength&Mobility 9:15 - 10:15 Garuda Fusion 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 - 6:15 STEP & STRENGTH 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	5 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 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 BUTTS n GUTS 5:15-6:00 * Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 * STRONG 6:30-7:30 Pilates MAT 7:45 - 9:00 MINDBODY Nutrition Approach w Nadine Dumas	7 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 (No Childminding for 5:15 class)	8 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00 - 10:45 *Spin for Sport 10:30-11:30 ESSENTRICS
9 8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 9:30 - 10:15 Pilates for Performance 10:30 - 11:30 STEP (No Childminding Sunday) 10:15 - 12:15 MEDITATION WORKSHOP w Tammy Twyne (No childminding available)	10 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 10:30 - 11:15 TRX 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	11 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength&Mobility 9:15 - 10:15 Garuda Fusion 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 - 6:15 STEP & STRENGTH 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	12 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	13 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 BUTTS n GUTS 5:15-6:00 * Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 * STRONG 6:30-7:30 Pilates MAT	14 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 (No Childminding for 5:15 class)	15 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00 - 10:45 *Spin for Sport 10:30-11:30 ESSENTRICS
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* 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

BOOM BOOM ROOM (Childminding) HOURS

MORNINGS

Mon, Tues, Wed & Fri 9:00 am - Noon
Thursday 9:00am - 1:00pm
Saturday 8:30 - 11:30 am

EVENINGS

Monday to Thursday 5:00 - 8:00 pm

 **PILATES APPARATUS - REGISTRATION REQUIRED**

 **DROP IN PILATES MAT & FITNESS CLASSES**

403.341.5911

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