



JUNE 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} per class (NOT included with fitness class passes)</p> <p> DROP IN PILATES MAT & FITNESS CLASSES</p> <p>Childminding Hours Monday - Friday morning 9:00am - 12:00pm Saturday morning 8:15am - 11:15am Monday, Wednesday & Thursday evening 4:45 - 7:45pm Tuesday evening 4:00 - 7:45pm</p>						1
2	3	4	5	6	7	8
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE <i>No Childminding</i>	9:15 <i>PILATES MAT</i> 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	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	9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 <i>PILATES MAT</i> 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 BENCH & BELLS 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	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 SOCIAL-CISE - #STRONGER CIRCUIT 6:15 PILATES APPARATUS 6:30 STEP	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE <i>10:30 INTRO to PILATES REFORMER</i>	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 ESSENTRICS 11:30 JUNGLE BODY
9	10	11	12	13	14	15
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE <i>No Childminding</i>	9:15 <i>PILATES MAT</i> 9:15 BENCH & 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	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	9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 <i>PILATES MAT</i> 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 BENCH & BELLS 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	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 SOCIAL-CISE - #STRONGER CIRCUIT 6:15 PILATES APPARATUS 6:30 STEP	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE <i>10:30 PILATES APPARATUS</i>	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
16	17	18	19	20	21	22
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE <i>No Childminding</i>	9:15 <i>PILATES MAT</i> 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	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	9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 <i>PILATES MAT</i> 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 BENCH & BELLS 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	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 6:00 SOCIAL-CISE - #STRONGER CIRCUIT 6:15 PILATES APPARATUS 6:30 STEP	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE <i>10:30 INTRO to PILATES REFORMER</i>	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 10:15 ESSENTRICS 11:30 JUNGLE BODY
23	24	25	26	27	28	29
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE <i>No Childminding</i>	9:15 <i>PILATES MAT</i> 9:15 BENCH & BELLS 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	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	9:15 SUPER CIRCUIT 9:15 BARRE INTENSITY 9:15 <i>PILATES MAT</i> 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - Teen 5:15 BENCH & BELLS 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	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 6:00 SOCIAL-CISE - #STRONGER CIRCUIT 6:15 PILATES APPARATUS 6:30 STEP	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGA BARRE <i>10:30 PILATES APPARATUS</i>	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
30						
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE <i>No Childminding</i>	5:15 PILATES APPARATUS 5:15 PILOXING 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:00 #STRONGER	4:30 POWER HOUR - Teen 5:15 BENCH & BELLS 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 SOCIAL-CISE - #STRONGER CIRCUIT 6:15 PILATES APPARATUS 6:30 STEP		

403.341.5911

www.studiopilates.ca



488 McCoy Drive
Red Deer County, AB T4E 0A4

