




* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 8:00-9:00 Booty Barre 9:15-10:15 Flo Rider	 * 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.				1 6:00-6:45 #STRONG 9:15-10:15 Pilates APPARATUS 9:15-10:15 Strength for Life 9:15-10:30 *PSYCLE Strong	2 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00-10:40 Beginner Spinner (No ESSENTRICS today)
3 8:00-9:00 Booty Barre 9:15-10:15 Flo Rider	4 9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 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	5 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength & Mobility 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:00 *EXPRESS Psycle 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	6 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	7 6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE 12:10 - 12:50 Booty Barre 5:15-5:45 *Express PSYCLE 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15 - 7:15 PILOXING 6:30-7:30 Pilates MAT	8 9:15-10:15 Pilates APPARATUS 9:15-10:30 Strength for Life 9:15-10:30 *PSYCLE Strong 5:15 - 6:15 Happy Hour at the Barre <small>*No eve childminding</small>	9 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING (No ESSENTRICS today)
10 8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 10:30-11:30 Pilates CIRCUIT	11 9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 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	12 6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:00 *EXPRESS Psycle 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre	13 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	14 6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE 12:10 - 12:50 Pilates MAT 5:15-5:45 *Express PSYCLE 5:15-6:15 Pilates APPARATUS 6:15-7:15 *Interval FIT 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT	15 6:00-6:45 #STRONG 9:15-10:15 Pilates APPARATUS 9:15-10:15 Strength for Life 9:15-10:30 *PSYCLE Strong 5:15 - 6:15 Happy Hour at the Barre <small>*No eve childminding</small>	16 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00-10:40 Beginner Spinner 10:30-11:30 ESSENTRICS
17 8:00-9:00 Booty Barre 9:15-10:15 Flo Rider	18 9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 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	19 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength & Mobility 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:00 *EXPRESS Psycle 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	20 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	21 6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE 12:10 - 12:50 *Pure PSYCLE 5:15-5:45 *Express PSYCLE 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT	22 9:15-10:15 Pilates APPARATUS 9:15-10:15 Strength for Life 9:15-10:30 *PSYCLE Strong 5:15 - 6:15 Happy Hour at the Barre <small>*No eve childminding</small>	23 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 ESSENTRICS
24 8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 10:00-11:00 Pilates CIRCUIT	25 9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 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	26 6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:00 *EXPRESS Psycle 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga	27 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	28 6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE 12:10 - 12:50 BUTTS n GUTS 5:15-5:45 *Express PSYCLE 5:15-6:15 Pilates APPARATUS 6:15-7:15 *Interval FIT 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT	29 6:00-6:45 #STRONG 9:15-10:15 Pilates APPARATUS 9:15-10:15 Strength for Life 9:15-10:30 *PSYCLE Strong 5:15 - 6:15 Happy Hour at the Barre <small>*No eve childminding</small>	30 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00-10:40 Beginner Spinner 10:30-11:30 ESSENTRICS

* 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

*Pilates CIRCUIT classes are open to everyone for an apparatus drop in fee

-  **PILATES APPARATUS - REGISTRATION REQUIRED**
-  **DROP IN PILATES MAT & FITNESS CLASSES**
-  **DROP IN PILATES APPARATUS CIRCUIT**

BOOM BOOM ROOM (Childminding) HOURS

MORNINGS
Monday to Friday 9:00 am - Noon
Saturday 8:30 - 11:30 am

EVENINGS
Monday to Thursday 5:00 - 8:00 pm

403.341.5911

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