


* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <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>		<p>1</p> <p>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 7:15 - 8:45 GUT - BRAIN Connection w Dr. Shane Johnson (Childminding available)</p>	<p>2</p> <p>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 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT</p>	<p>3</p> <p>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)</p>	<p>4</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 ESSENTRICS</p>
<p>5</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 10:30 - 11:30 STEP (No Childminding Sunday)</p>	<p>6</p> <p>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</p>	<p>7</p> <p>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 - 11:15 Strength for Life 10:30 - 11:15 *Ride & Roll 5:15 - 6:15 Prenatal Pilates 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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 TRX 5:15-6:00 *Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15 - 7:15 (NO PILOXING tonight) 6:30-7:30 Pilates MAT</p>	<p>10</p> <p>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)</p>	<p>11</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 ESSENTRICS</p>
<p>12</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 10:30 - 11:30 STEP (No Childminding Sunday)</p>	<p>13</p> <p>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</p>	<p>14</p> <p>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 - 11:15 *Ride & Roll 10:30 - 11:15 Strength for Life 5:15 - 6:15 Prenatal Pilates 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga</p>	<p>15</p> <p>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</p>	<p>16</p> <p>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 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT</p>	<p>17</p> <p>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 (NO Happy Hour BARRE)</p>	<p>18</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 ESSENTRICS</p>
<p>19</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 10:30 - 11:30 STEP (No Childminding Sunday)</p>	<p>20</p> <p>VICTORIA DAY STUDIO CLOSED</p>	<p>21</p> <p>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 - 11:15 *Ride & Roll 10:30 - 11:15 Strength for Life 5:15 - 6:15 Prenatal Pilates 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga</p>	<p>22</p> <p>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</p>	<p>23</p> <p>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 TRX 5:15-6:00 *Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT</p>	<p>24</p> <p>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)</p>	<p>25</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 (NO ESSENTRICS)</p>
<p>26</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 10:30 - 11:30 STEP (No Childminding Sunday)</p>	<p>27</p> <p>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</p>	<p>28</p> <p>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 - 11:15 *Ride & Roll 10:30 - 11:15 Strength for Life 5:15 - 6:15 Prenatal Pilates 5:15-6:00 *Pure PSYCLE 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga</p>	<p>29</p> <p>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</p>	<p>30</p> <p>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 6:15-7:15 PILOXING 6:30-7:30 Pilates MAT</p>	<p>31</p> <p>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)</p>	

* 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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