

# MAY 2025

# DROP IN FITNESS & PILATES APPARATUS

\* ALL CLASSES ARE CO-ED \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Childminding Hours</b></p> <p><b>Monday - Friday morning</b> 9:00am - 12:00pm</p> <p><b>Saturday morning</b> 8:15am - 11:15am</p> <p><b>Monday &amp; Wednesday evening</b> 4:45 - 7:45pm</p> <p><b>Tuesday &amp; Thursday evening</b> 4:00 - 7:45pm</p>						
			<p><b>DROP IN PILATES MAT &amp; FITNESS CLASSES</b></p> <p><b>PILATES APPARATUS CLASSES</b> \$28.50<sup>gst</sup> per class (NOT included with fitness class passes)</p>	<p>1</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE</p> <p>9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 #STRONGER CIRCUIT 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 PILATES APPARATUS</p>	<p>2</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE</p> <p>9:30 TRX STRENGTH &amp; CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	<p>3</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:45 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>4</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE - Theme Ride 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE 11:45 STRETCH &amp; MOBILITY</p> <p>6:00 YOGA - HATHA FLOW</p> <p>No Childminding</p>	<p>5</p> <p>9:15 RAISE THE BARRE 9:15 PILATES MAT 10:30 BEGINNER APPARATUS 10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS 5:15 STRONG &amp; STABLE 6:00 EXPRESS PSYCLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW</p>	<p>6</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>7</p> <p>9:15 #STRONGER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 INTERVAL FIT 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX Strength &amp; Cardio 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS</p>	<p>8</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 #STRONGER CIRCUIT 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS</p>	<p>9</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH &amp; CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	<p>10</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>11</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE - Theme Ride 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE</p> <p>6:00 YOGA - HATHA FLOW</p> <p>No Childminding</p>	<p>12</p> <p>9:15 INTERVAL FIT 9:15 PILATES MAT 10:30 BEGINNER APPARATUS 10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS 5:15 STRONG &amp; STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW</p>	<p>13</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>14</p> <p>9:15 #STRONGER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 #STRONGER 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX Strength &amp; Cardio 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS</p>	<p>15</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 #STRONGER CIRCUIT 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 PILATES APPARATUS</p>	<p>16</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH &amp; CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	<p>17</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>18</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE - Theme Ride 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE</p> <p>No Childminding</p>	<p>19</p> <p>MAY LONG WEEKEND STUDIO CLOSED</p>	<p>20</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>21</p> <p>9:15 #STRONGER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 INTERVAL FIT 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX Strength &amp; Cardio 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS</p>	<p>22</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 #STRONGER CIRCUIT 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 PILATES APPARATUS</p>	<p>23</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH &amp; CARDIO 10:30 YOGABARRE</p> <p>5:00 YOGA</p>	<p>24</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:45 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>
<p>25</p> <p>8:15 RAISE THE BARRE 9:30 PURE PSYCLE 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE</p> <p>No Childminding</p> <p>6:00 YOGA - HATHA FLOW</p>	<p>26</p> <p>9:15 INTERVAL FIT 9:15 PILATES MAT 10:30 BEGINNER APPARATUS 10:30 CARDIO FLOW</p> <p>5:15 PILATES APPARATUS 5:15 STRONG &amp; STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW</p>	<p>27</p> <p>6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER</p> <p>4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER</p>	<p>28</p> <p>9:15 #STRONGER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW</p> <p>5:15 #STRONGER 5:30 PILATES MAT 5:15 EXPRESS PSYCLE 6:00 TRX Strength &amp; Cardio 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS</p>	<p>29</p> <p>6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS</p> <p>4:15 #STRONGER CIRCUIT 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 PILATES APPARATUS</p>	<p>30</p> <p>6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH &amp; CARDIO 10:30 YOGABARRE</p>	<p>31</p> <p>8:45 RIPPED RIDE 9:00 PILOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY</p>

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