

# NOVEMBER 2023

# DROP IN FITNESS & PILATES APPARATUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CHILD MINDING HOURS</p> <p><b>Monday - Friday mornings</b> 9:00am - 12:00pm <b>Saturday morning</b> 8:15am - 11:15am</p> <p><b>Monday, Wednesday &amp; Thursday evenings</b> 5:00pm - 8:00pm <b>Tuesday evenings</b> 4:00pm - 8:00pm</p>			<p>1</p> <p>9:15 SUPER CIRCUIT 9:15 <i>PILATES MAT</i> 10:30 YOGA - Peaceful Flow</p> <p>6:30 - 8:30pm <b>BOOTY SCOOT'IN</b> <b>BOOGY &amp; BEVERAGES</b></p> <p>5:15 #STRONG 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>2</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE <b>9:15 PILATES APPARATUS</b> 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>5:45 STEP 5:15 <i>PILATES APPARATUS</i> 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 <i>PILATES APPARATUS</i></p>	<p>3</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:30 50+ Fit Club 10:30 YogaBarre 10:30 <b>BETTER BACKS</b></p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>4</p> <p>8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONG 10:15 <i>PILATES APPARATUS</i></p> <p>Childminding 8:15 - 11:15</p>
<p>5</p> <p>8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 9:30 <i>PRE/POSTNATAL PILATES</i></p> <p>No Childminding Sundays</p>	<p>6</p> <p>9:15 Raise the BARRE 9:15 <i>PILATES MAT</i> 10:30 FLOW 10:30 <i>PILATES APPARATUS</i></p> <p>5:15 Strength for LIFE 6:00 Bike HIIT 6:30 <i>PILATES APPARATUS</i> 7:15 YOGA - Peaceful Flow</p>	<p>7</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 <i>PILATES APPARATUS</i> 10:30 #STRONG 10:30 <i>PILATES APPARATUS</i></p> <p>4:15 FLOW 5:15 BARRE SCULPT 5:15 <i>PILATES APPARATUS</i> 6:15 <b>BETTER BACKS</b></p>	<p>8</p> <p>9:15 SUPER CIRCUIT 9:15 <i>PILATES MAT</i> 10:30 YOGA - Peaceful Flow</p> <p>5:15 BENCH &amp; BELLS 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>9</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE <b>9:15 PILATES APPARATUS</b> 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>5:45 STEP 5:15 <i>PILATES APPARATUS</i> 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 <i>PILATES APPARATUS</i></p>	<p>10</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:30 TRX Cardio 10:30 YogaBarre 10:30 <b>BETTER BACKS</b></p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>11</p> <p>STUDIO CLOSED</p> <p>REMEMBRANCE DAY</p>
<p>12</p> <p>8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 9:30 <i>PRE/POSTNATAL PILATES</i></p> <p>No Childminding Sundays</p>	<p>13</p> <p>9:15 BENCH &amp; BELLS 9:15 <i>PILATES MAT</i> 10:30 FLOW 10:30 <i>PILATES APPARATUS</i></p> <p>5:15 Piloxing 6:00 Ripped Ride 6:30 <i>PILATES APPARATUS</i> 7:15 YOGA - Peaceful Flow</p>	<p>14</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 <i>PILATES APPARATUS</i> 10:30 #STRONG 10:30 <i>PILATES APPARATUS</i></p> <p>4:15 FLOW 5:15 BARRE SCULPT 5:15 <i>PILATES APPARATUS</i> 6:15 <b>BETTER BACKS</b></p>	<p>15</p> <p>9:15 SUPER CIRCUIT 9:15 <i>PILATES MAT</i> 10:30 YOGA - Peaceful Flow</p> <p>5:15 #STRONG 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>16</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE <b>9:15 PILATES APPARATUS</b> 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>5:45 STEP 5:15 <i>PILATES APPARATUS</i> 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 <i>PILATES APPARATUS</i></p>	<p>17</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:30 50+ Fit Club 10:30 YogaBarre 10:30 <b>BETTER BACKS</b></p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>18</p> <p>8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONG 10:15 <i>PILATES APPARATUS</i></p> <p>Childminding 8:15 - 11:15</p>
<p>19</p> <p>8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 9:30 <i>PRE/POSTNATAL PILATES</i></p> <p>No Childminding Sundays</p>	<p>20</p> <p>9:15 Raise the BARRE 9:15 <i>PILATES MAT</i> 10:30 FLOW 10:30 <i>PILATES APPARATUS</i></p> <p>5:15 Strength for LIFE 6:00 Bike HIIT 6:30 <i>PILATES APPARATUS</i> 7:15 YOGA - Peaceful Flow</p>	<p>21</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 <i>PILATES APPARATUS</i> 10:30 #STRONG 10:30 <i>PILATES APPARATUS</i></p> <p>4:15 FLOW 5:15 BARRE SCULPT 5:15 <i>PILATES APPARATUS</i> 6:15 <b>BETTER BACKS</b></p>	<p>22</p> <p>9:15 SUPER CIRCUIT 9:15 <i>PILATES MAT</i> 10:30 YOGA - Peaceful Flow</p> <p>5:15 BENCH &amp; BELLS 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>23</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE <b>9:15 PILATES APPARATUS</b> 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>5:45 STEP 5:15 <i>PILATES APPARATUS</i> 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 <i>PILATES APPARATUS</i></p>	<p>24</p> <p>6:00 BARRE SCULPT 9:15 Strength for LIFE 9:30 TRX Cardio 10:30 YogaBarre 10:30 <b>BETTER BACKS</b></p> <p>5:00 YOGA YIN Afterglow Friday Flow</p>	<p>25</p> <p>8:45 Pure PSYCLE 9:00 Piloxing 10:00 #STRONG 10:15 <i>PILATES APPARATUS</i></p> <p>Childminding 8:15 - 11:15</p>
<p>26</p> <p>8:30 Raise the BARRE 9:30 EXPRESS PSYCLE 9:30 Ripped Ride &amp; Roll 9:30 <i>PRE/POSTNATAL PILATES</i></p> <p>No Childminding Sundays</p>	<p>27</p> <p>9:15 BENCH &amp; BELLS 9:15 <i>PILATES MAT</i> 10:30 FLOW 10:30 <i>PILATES APPARATUS</i></p> <p>5:15 Piloxing 6:00 Ripped Ride 6:30 <i>PILATES APPARATUS</i> 7:15 YOGA - Peaceful Flow</p>	<p>28</p> <p>6:00 Pure PSYCLE 9:15 Ride + Core Flow 9:15 EXPRESS PSYCLE 9:15 <i>PILATES APPARATUS</i> 10:30 #STRONG 10:30 <i>PILATES APPARATUS</i></p> <p>4:15 FLOW 5:15 BARRE SCULPT 5:15 <i>PILATES APPARATUS</i></p>	<p>29</p> <p>9:15 SUPER CIRCUIT 9:15 <i>PILATES MAT</i> 10:30 YOGA - Peaceful Flow</p> <p>5:15 #STRONG 5:30 <i>PILATES MAT</i> 6:30 EXPRESS PSYCLE 7:10 TRX Strength Training</p>	<p>30</p> <p>6:00 Pure PSYCLE 9:15 EXPRESS PSYCLE <b>9:15 PILATES APPARATUS</b> 9:15 Ripped Ride 10:30 BUTTS n GUTS</p> <p>5:15 <i>PILATES APPARATUS</i> 6:00 SOCIAL-CISE - SUPER CIRCUIT 6:15 <i>PILATES APPARATUS</i></p>	<p><b>DROP IN PILATES MAT &amp; FITNESS CLASSES</b></p> <p><b>PILATES APPARATUS CLASSES (NOT included with fitness class passes)</b></p> <p><b>8 WEEK REGISTERED SESSION</b></p>	

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