

# November 2024

# DROP IN FITNESS & PILATES APPARATUS

\* ALL CLASSES ARE CO-ED \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Childminding Hours</b> <b>Monday - Friday morning</b> 9:00am - 12:00pm <b>Saturday morning</b> 8:15am - 11:15am <b>Monday, Wednesday &amp; Thursday evening</b> 4:45 - 7:45pm <b>Tuesday evening</b> 4:00 - 7:45pm					1 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE  5:00 YOGA	2 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
3 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE  No Childminding	4 9:15 RAISE THE BARRE 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW  5:15 PILATES APPARATUS 5:15 STRONG & STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	5 6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER  4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER	6 9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW  4:30 POWER HOUR - TEEN 5:15 INTERVAL FIT 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	7 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS  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	8 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE  5:00 YOGA	9 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
10 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE  No Childminding	11 STUDIO CLOSED  REMEMBRANCE DAY	12 6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER  4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER 6:15 BETTER BACKS	13 9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW  4:30 POWER HOUR - TEEN 5:15 #STRONGER 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	14 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS  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	15 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE  5:00 YOGA	16 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
17 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE  No Childminding	18 9:15 RAISE THE BARRE 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW  5:15 PILATES APPARATUS 5:15 STRONG & STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	19 6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER  4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER 6:15 BETTER BACKS	20 9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW  4:30 POWER HOUR - TEEN 5:15 INTERVAL FIT 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	21 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS  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	22 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE  5:00 YOGA	23 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 10:15 ESSENTRICS 11:30 JUNGLE BODY
24 8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE  No Childminding	25 9:15 INTERVAL FIT 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW  5:15 PILATES APPARATUS 5:15 STEP 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	26 6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER  4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER 6:15 BETTER BACKS	27 9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW  4:30 POWER HOUR - TEEN 5:15 #STRONGER 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	28 6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS  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	29 6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE  5:00 YOGA	30 8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY

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