

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00-9:00 Booty Barre 9:15-10:15 Sunday Stretch & Roll No Childminding Sunday	2 SEPTEMBER LONG WEEKEND STUDIO CLOSED	3 6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Gauda Fusion 10:30-11:15 *Ride & Roll 4:50-5:50 Interval Bench & Balls 6:00-6:45 *Pure Psyche 6:30-7:30 Booty Barre	4 9:15-10:15 Booty Barre Sculpt 9:15-10:15 #STRONG 5:15-6:15 CIRCUIT 6:30-7:30 *Ripped Ride	5 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX 10:30-11:15 Interval FIT 12:10-12:50 BUTTS n GUTS 5:15-6:00 *Ride & Roll 6:15-7:15 #STRONG	6 9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 10:15-11:00 #STRONG	7 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 Essentrics Childminding 8:30-11:30am
8 8:00-9:00 Booty Barre 9:15-10:15 Interval Bench & Balls No Childminding Sunday	9 6:00-6:45 #STRONG 9:15-10:15 *Ripped Ride 9:15-10:15 Raise the BARRE 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Balls 12:00-1:00 YOGA-Energy Flow 5:15-6:15 Strength for Life 6:30-6:30 Pilates MAT 6:00-6:30 *Express PSYCLE 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS	10 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX (Strength&Cardio) 9:15-10:15 Gauda Fusion 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 *Ride & Roll 4:50-5:50 Interval Bench & Balls 5:00-6:00 Pilates APPARATUS 6:00-6:45 *Pure Psyche 6:15-7:15 Pilates APPARATUS 6:30-7:30 Booty Barre	11 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 4:50-6:50 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates MAT 6:30-7:30 *Ripped Ride	12 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX APPARATUS 9:15-10:15 *Biker BARRE 10:30-11:15 Core Challenge 12:10-12:50 BUTTS n GUTS 5:15-6:00 *Ride & Roll 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 7:30-8:30 ZUMBA	13 9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 10:15-11:00 #STRONG	14 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING KNOCKOUT 10:30-11:30 Essentrics 12:00-1:00 ZUMBA Childminding 8:30-11:30am A Women's Event FOR THE WELL OF IT! 5:00-8:00pm
15 8:00-9:00 Booty Barre 9:15-10:15 *Ripped Ride No Childminding Sunday	16 6:00-6:45 TRX 9:15-10:15 Raise the BARRE 9:15-10:15 *Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Balls 12:00-1:00 YOGA-Energy Flow 5:15-6:15 Strength for Life 6:30-6:30 Pilates MAT 6:00-6:30 *Express PSYCLE 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS	17 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX (Strength&Cardio) 9:15-10:15 Gauda Fusion 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 *Ride & Roll 4:50-5:50 Interval Bench & Balls 5:00-6:00 Pilates APPARATUS 6:00-6:45 *Pure Psyche 6:15-7:15 Pilates APPARATUS 6:30-7:30 Booty Barre	18 9:15-10:15 Booty Barre Sculpt 9:15-10:15 #STRONG 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 4:50-6:50 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates MAT 6:30-7:30 *Ripped Ride	19 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 7:30-8:30 ZUMBA	20 9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 10:15-11:00 #STRONG	21 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 Essentrics 12:00-1:00 ZUMBA Childminding 8:30-11:30am
22 8:00-9:00 Booty Barre 9:15-10:15 PILOXING KNOCKOUT No Childminding Sunday	23 6:00-6:45 #STRONG 9:15-10:15 Raise the BARRE 9:15-10:15 *Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Balls 12:00-1:00 YOGA-Energy Flow 5:15-6:15 Strength for Life 6:30-6:30 Pilates MAT 6:00-6:30 *Express PSYCLE 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS	24 6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Gauda Fusion 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 *Ride & Roll 4:50-5:50 Interval Bench & Balls 5:00-6:00 Pilates APPARATUS 6:00-6:45 *Pure Psyche 6:15-7:15 Pilates APPARATUS 6:30-7:30 Booty Barre	25 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 4:50-6:50 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates MAT 6:30-7:30 *Ripped Ride	26 6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX 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 7:30-8:30 ZUMBA	27 9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 10:15-11:00 #STRONG	28 8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 Essentrics 12:00-1:00 ZUMBA Childminding 8:30-11:30am
29 8:00-9:00 Booty Barre 9:15-10:15 TRX No Childminding Sunday	30 6:00-6:45 TRX 9:15-10:15 Raise the BARRE 9:15-10:15 *Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Balls 12:00-1:00 YOGA-Energy Flow 5:15-6:15 Strength for Life 6:30-6:30 Pilates MAT 6:00-6:30 *Express PSYCLE 6:00-7:00 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS					

* 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.

*** ALL CLASSES (excluding Pilates APPARATUS) ARE INCLUDED WITH PUNCH PASSES & UNLIMITED MEMBE**

REGISRTED Pilates APPARATUS classes (email studiopilatesrd@gmail.com for information)

DROP IN PILATES MAT & FITNESS CLASSES

BOOM BOOM ROOM (Childminding) HOURS

MORNINGS
Mon, Tues, Wed & Fri 9:00am - Noon
Thursday 9:00am - 1:00pm
Saturday 9:30am - 11:30am

EVENINGS
Mon, Wed & Thurs 5:00 - 8:00pm
Tues 4:45 - 8:00pm

RECEPTION HOURS
Monday to Friday mornings 9:00am - 12:30pm
Monday to Friday evenings 4:45pm - 7:45pm
Saturday 9:00am - 12:00pm
Sunday 8:00am - 11:00am

403.341.5911 www.studiopilates.ca 488 McCoy Drive
Red Deer County, AB T4E 0A4