

	<b>Barre Nouvelle Schedule–MAY 2024</b> <a href="http://www.barrenouvelle.ca">www.barrenouvelle.ca</a> * <a href="mailto:d22thompson@gmail.com">d22thompson@gmail.com</a>						<b>SUBJECT TO CHANGE</b>
<b>Sun</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
			<b>1</b> 9:00–9:45 AM Stretch & Strengthen  5:30-6:15 PM TOTAL Barre	<b>2</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>3</b> 9:00-9:45 AM Barre & Core	<b>4</b> 9:00-10:00 AM TOTAL Barre Nouvelle	
<b>5</b>	<b>6</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>7</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>8</b> 9:00–9:45 AM Stretch & Strengthen  5:30-6:15 PM TOTAL Barre	<b>9</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>10</b> NO CLASS TODAY	<b>11</b> NO CLASS TODAY	
<b>12</b>	<b>13</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>14</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>15</b> 9:00–9:45 AM Stretch & Strengthen  5:30-6:00 PM TOTAL Barre	<b>16</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>17</b> 9:00-9:45 AM Barre & Core	<b>18</b> 9:00-10:00 AM TOTAL Barre Nouvelle	
<b>19</b>	<b>20</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>21</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>22</b> NO CLASSES TODAY	<b>23</b> NO CLASSES TODAY	<b>24</b> 9:00-9:45 AM Barre & Core	<b>25</b> 9:00-10:00 AM TOTAL Barre Nouvelle	
<b>26</b>	<b>27</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>28</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>29</b> 9:00–9:45 AM Stretch & Strengthen  5:30-6:00 PM TOTAL Barre	<b>30</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>31</b> 9:00-9:45 AM Barre & Core		