

**Barre Nouvelle Online Class Schedule - [www.barrenouvelle.ca](http://www.barrenouvelle.ca) - d22thompson@gmail.com**

**April 2021**

| <b>Sun</b> | <b>Monday</b>      | <b>Tuesday</b>               | <b>Wednesday</b>  | <b>Thursday</b>             | <b>Friday</b>        | <b>Saturday</b>       |
|------------|--------------------|------------------------------|---|-----------------------------|----------------------|-----------------------|
|            | March 29           | March 30                     | March 31  | 1                           | 2                    | 3                     |
|            | 8:30–9:30 AM Barre | 9:00 – 9:30 AM Cardio        | 5:00 PM Barre Xpress & 5:30 – 6:00 PM Stretch Strengthen        | 9:00 – 9:30 AM Cardio       | 8:30 - 9:30 AM Barre | 9:00–10:00 AM Barre   |
|            | 5:00–6:00 PM Barre | 5:00-6:00 PM Barre & Cardio  |   | 5:00 - 6:00 PM Cardio Core  |                      |                       |
| 4          | 5                  | 6                            | 7   | 8                           | 9                    | 10                    |
|            | Easter Monday      | 9:00 – 9:30 AM Cardio        | 5:00 PM Barre Xpress & 5:30 – 6:00 PM Stretch Strengthen        | 9:00 – 9:30 AM Cardio       | 8:30 - 9:30 AM Barre | 9:00–10:00 AM Barre   |
|            | 5:00–6:00 PM Barre | 5:00-6:00 PM Barre & Cardio  |   | 5:00 - 6:00 PM Cardio Core  |                      |                       |
| 11         | 12                 | 13                           | 14  | 15                          | 16                   | 17                    |
|            | 8:30–9:30 AM Barre | 9:00 – 9:30 AM Cardio        |   | 9:00 – 9:30 AM Cardio       | 8:30 - 9:30 AM Barre | 9:00 – 10:00 AM Barre |
|            | 5:00–6:00 PM Barre | 5:00 -6:00 PM Barre & Cardio | 5:00 – 5:30 PM Barre Xpress & 5:30 – 6:00 PM Stretch Strengthen | 5:00 -6:00 PM Cardio Core   |                      |                       |
| 18         | 19                 | 20                           | 21  | 22                          | 23                   | 24                    |
|            | 8:30–9:30 AM Barre | 9:00 – 9:30 AM Cardio        | 9:00 – 9:30 AM Cardio   | 9:00 – 9:30 AM Cardio       | 8:30 - 9:30 AM Barre | 9:00 – 10:00 AM Barre |
|            | 5:00–6:00 PM Barre | 5:00-6:00 PM Barre & Cardio  | 5:00 PM Barre Xpress 5:30 – 6:00 PM Stretch Strengthen          | 5:00 -6:00 PM Cardio & Core |                      |                       |
| 25         | 26                 | 27                           | 28  | 22                          | 30                   |                       |
|            | 8:30–9:30 AM Barre | 9:00 – 9:30 AM Cardio        |   | 9:00 – 9:30 AM Cardio       | 8:30 - 9:30 AM Barre |                       |
|            | 5:00–6:00 PM Barre | 5:00-6:00 PM Barre & Cardio  | 5:00 PM Barre Xpress 5:30 – 6:00 PM Stretch Strengthen          | 5:00 -6:00 PM Cardio & Core |                      |                       |