

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