

	Barre Nouvelle APRIL 2026 www.barrenouvelle.ca ** d22thompson@gmail.com					SUBJECT TO CHANGE
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 9:00–9:45 AM Stretch & Strengthen	2 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	3 GOOD FRIDAY No Class	4
5	6 Easter Monday NO CLASS! 	7 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	8 9:00–9:45 AM Stretch & Strengthen	9 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	10 9:00-9:45 AM Barre & Core	11
12	13 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	14 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	15 9:00–9:45 AM Stretch & Strengthen	16 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	17 8:30-9:15 AM Barre & Core	18
19	20 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	21 8:00-8:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	22 9:00–9:45 AM Stretch & Strengthen	23 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit & Core	24 9:00-9:45 AM Barre & Core	25
26	27 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	28 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	29 9:00–9:45 AM Stretch & Strengthen	30 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit & Core		