

	Barre Nouvelle Schedule AUGUST 2025 www.barrenouvelle.ca d22thompson@gmail.com					SUBJECT TO CHANGE
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00-9:45 AM Barre & Core	2
3	4 CIVIC HOLIDAY / NO CLASSES THIS WEEK	5	6	7	8	9
10	11 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	12 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fi	13 9:00–9:45 AM Stretch & Strengthen	14 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit & Core	15 NO CLASS	16
17	18 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	19 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	20 9:00–9:45 AM Stretch & Strengthen	21 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit & Core	22 9:00-9:45 AM Barre & Core	23
24	25 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	26 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	27 9:00–9:45 AM Stretch & Strengthen	28 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit & Core	29 9:00-9:45 AM Barre & Core	30