

	Barre Nouvelle AUGUST 2026 www.barrenouvelle.ca ** d22thompson@gmail.com					SUBJECT TO CHANGE
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31 Friday class 9:00 AM	3 NO CLASSES TODAY	4 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	5 9:00–9:45 AM Stretch & Strengthen	6 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	7 NO FRIDAY CLASSES AUGUST	8
9	10 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	11 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	12 9:00–9:45 AM Stretch & Strengthen	13 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	14	15
16	17 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	18 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	19 9:00–9:45 AM Stretch & Strengthen	20 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	21	22
23	24 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	25 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	26 9:00–9:45 AM Stretch & Strengthen	27 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit		29
30	September 1 NO CLASSES TODAY	September 2 NO CLASSES TODAY	3 Back to Regular Schedule TODAY 9:00–9:45 AM Stretch & Strengthen	4 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	5 9:00-9:45 AM Barre & Core	