

Barre Nouvelle Schedule–December 2022 - www.barrenouvelle.ca * d22thompson@gmail.com						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The New Fusion Fit Class combines cardio & Pilates that will keep you fit, longer and stronger.			1 9:00–9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	2 9:00-9:30 AM Back to the Barre	3 9:00-9:45 AM Back to the Barre
4	5 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	6 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	7 9:00–9:30 AM Stretch & Strengthen 5:30-6:00 PM Stretch & Strengthen	8 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	9 NO CLASS	10 9:00-9:45 AM Back to the Barre
11	12 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	13 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	14 9:00–9:30 AM Stretch & Strengthen 5:30-6:00 PM Stretch & Strengthen	15 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	16 9:00-9:30 AM Back to the Barre	17 No Class
18	19 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	20 9:00-9:30 AM Back to the Barre 5:30-6:00 PM Back to the Barre	21 9:00–9:30 AM Stretch & Strengthen 5:30-6:00 PM Stretch & Strengthen	22 No Classes	23 No Classes	24 Christmas Eve No Class
25 Ho Ho Ho!!	26 Ho Ho Ho!!	27 9:00-9:30 AM Back to the Barre No Class	28 9:00–9:30 AM Stretch & Strengthen 5:30-6:00 PM Stretch & Strengthen	29 No Classes	30 No Classes	31 Happy New Year! See you Monday, January 2, 2023