

Barre Nouvelle Schedule–February 2023 - www.barrenouvelle.ca * d22thompson@gmail.com

SUBJECT TO
CHANGE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1 9:00-9:45 AM Stretch & Strengthen 5:30-6:15 PM Stretch & Strengthen	2 9:00–9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	3 9:00-9:45 AM Back to the Barre	4 9:00-9:45 AM Back to the Barre
5	6 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	7 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	7 9:00–9:45 AM Stretch & Strengthen 5:30-6:15 PM Stretch & Strengthen	9 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	10 9:00-9:45 AM Back to the Barre	11 9:00-9:45 AM Back to the Barre
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 5:30-6:15 PM Stretch & Strengten	16 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	17 9:00-9:45 AM Back to the Barre	18 9:00-9:45 AM Back to the Barre
19	20 FAMILY DAY NO CLASSES	21 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	22 9:00–9:45 AM Stretch & Strengthen 5:30-6:15 PM Stretch & Strengthen	23 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	24 9:00-9:30 AM Back to the Barre	25 9:00-9:45 AM Back to the Barre
26	27 9:00-9:30 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	1	2	3	4