

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