

<b>Barre Nouvelle Schedule—JANUARY 2023 - <a href="http://www.barrenouvelle.ca">www.barrenouvelle.ca</a> * <a href="mailto:d22thompson@gmail.com">d22thompson@gmail.com</a></b>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>3</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>4</b> 9:00-9:45 AM Stretch & Strengthen  5:30-6:15 PM Stretch & Strengthen	<b>5</b> 9:00–9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>6</b> 9:00-9:45 AM Back to the Barre	<b>7</b> 9:00-9:45 AM Back to the Barre
<b>8</b>	<b>9</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>10</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>11</b> 9:00–9:45 AM Stretch & Strengthen  5:30-6:15 PM Stretch & Strengthen	<b>12</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>13</b> 9:00-9:45 AM Back to the Barre	<b>14</b> 9:00-9:45 AM Back to the Barre
<b>15</b>	<b>16</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>17</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>18</b> 9:00–9:45 AM Stretch & Strengthen  5:30-6:15 PM Stretch & Strengten	<b>19</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>20</b> 9:00-9:45 AM Back to the Barre	<b>21</b> 9:00-9:45 AM Back to the Barre
<b>22</b>	<b>23</b> <b>NO CLASS</b>  5:30-6:15 PM Barre & Core	<b>24</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>25</b> 9:00–9:45 AM Stretch & Strengthen  5:30-6:15 PM Stretch & Strengthen	<b>26</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>27</b> 9:00-9:30 AM Back to the Barre	<b>28</b> 9:00-9:45 AM Back to the Barre
<b>29</b>	<b>30</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>31</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>