

	Barre Nouvelle JANUARY 2026 www.barrenouvelle.ca ** d22thompson@gmail.com					SUBJECT TO CHANGE
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	6 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	7 9:00-9:45 AM Stretch & Strengthen	8 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	9 9:00-9:45 AM Barre & Core	10
11	12 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	13 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	14 9:00-9:45 AM Stretch & Strengthen	15 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	16 9:00-9:45 AM Barre & Core	17
18	19 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	20 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	21 9:00-9:45 AM Stretch & Strengthen	22 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit & Core	23 9:00-9:45 AM Barre & Core	24
25	26 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	27 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	28 9:00-9:45 AM Stretch & Strengthen	29 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit & Core	30 9:00-9:45 AM Barre & Core	31