


Barre Nouvelle Schedule - July 2021 - www.barrenouvelle.ca * d22thompson@gmail.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Happy Canada Day!  No classes	2 8:30 - 9:30 AM Barre	3
4	5 8:30–9:30 AM Barre 5:00–6:00 PM Barre	6 9:00– 9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	7 9:00 – 9:30 AM Stretch & Strengthen 5:30 – 6:00 PM Barre X & Stretch Strengthen	8 9:00 – 9:30 AM Cardio 5:00 - 6:00 PM Cardio Core	9 8:30 - 9:30 AM Barre	10
11	12 NO CLASS	13 NO CLASS	14 NO CLASS	15 NO CLASS	16 NO CLASS	17
18	19 NO CLASS	20 9:00- 9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	22 9:00 – 9:30 AM Stretch & Strengthen 5:30-6:00 PM Barre X & Stretch Strengthen	23 9:00 – 9:30 AM Cardio 5:00 -6:00 PM Cardio & Core	23 8:30 - 9:30 AM Barre	24
25	26 8:30–9:30 AM Barre 5:00–6:00 PM Barre	27 9:00–9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	28 9:00 – 9:30 AM Stretch & Strengthen 5:30-6:00 PM Barre X & Stretch Strengthen	29 9:00–9:30 AM Cardio 5:00-6:00 PM Cardio & Core	30 8:30 - 9:30 AM Barre	31