

	<b>Barre Nouvelle Schedule– JULY 2024</b> <a href="http://www.barrenouvelle.ca">www.barrenouvelle.ca</a> * <a href="mailto:d22thompson@gmail.com">d22thompson@gmail.com</a>					<b>SUBJECT TO CHANGE</b>
<b>Sun</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>1</b> <b>HAPPY CANADA DAY!</b>	<b>2</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>3</b> 9:00–9:45 AM Stretch Strengthen	<b>4</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>5</b> 9:00-9:30 AM Barre & Core	<b>6</b>
<b>7</b>	<b>8</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>9</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>10</b> 9:00–9:45 AM Stretch Strengthen	<b>11</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>12</b> 9:00-9:30 AM Barre & Core	<b>13</b>
<b>14</b>	<b>15</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>16</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>17</b> 9:00–9:45 AM Stretch Strengthen	<b>18</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>19</b> 9:00-9:30 AM Barre & Core	<b>20</b>
<b>21</b>	<b>22</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>23</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>24</b> 9:00–9:45 AM Stretch Strengthen	<b>25</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>26</b> 9:00-9:30 AM Barre & Core	<b>27</b>
<b>28</b>	<b>29</b> 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	<b>30</b> 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	<b>31</b> 9:00–9:45 AM Stretch Strengthen			