

|            |                                                                                                                                                                    |                                                                    |                                               |                                                                    |                                    |                              |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------|------------------------------------|------------------------------|
|            | <b>Barre Nouvelle JULY 2026</b> <a href="http://www.barrenouvelle.ca">www.barrenouvelle.ca</a> ** <a href="mailto:d22thompson@gmail.com">d22thompson@gmail.com</a> |                                                                    |                                               |                                                                    |                                    | <b>SUBJECT TO<br/>CHANGE</b> |
| <b>Sun</b> | <b>Monday</b>                                                                                                                                                      | <b>Tuesday</b>                                                     | <b>Wednesday</b>                              | <b>Thursday</b>                                                    | <b>Friday</b>                      | <b>Saturday</b>              |
|            | 29                                                                                                                                                                 | 30                                                                 | 1<br>9:00–9:45 AM<br>Stretch &<br>Strengthen  | 2<br>9:00-9:30 AM<br>Fusion Fit<br><br>5:30-6:15 PM<br>Fusion Fit  | 3<br>9:00–9:45 AM<br>Barre & Core  | 4                            |
| 5          | 6<br>9:00-9:45 AM<br>Barre & Core<br><br>5:30-6:15 PM<br>Barre & Core                                                                                              | 7<br>9:00-9:30 AM<br>Fusion Fit<br><br>5:30-6:00 PM<br>Fusion Fit  | 8<br>9:00–9:45 AM<br>Stretch &<br>Strengthen  | 9<br>9:00-9:30 AM<br>Fusion Fit<br><br>5:30-6:15 PM<br>Fusion Fit  | 10<br>9:00–9:45 AM<br>Barre & Core | 11                           |
| 12         | 13<br>9:00-9:45 AM<br>Barre & Core<br><br>5:30-6:15 PM<br>Barre & Core                                                                                             | 14<br>9:00-9:30 AM<br>Fusion Fit<br><br>5:30-6:00 PM<br>Fusion Fit | 15<br>9:00–9:45 AM<br>Stretch &<br>Strengthen | 16<br>9:00-9:30 AM<br>Fusion Fit<br><br>5:30-6:15 PM<br>Fusion Fit | 17<br>9:00-9:45 AM<br>Barre & Core | 18                           |
| 19         | 20                                                                                                                                                                 | 21                                                                 | 22                                            | 23                                                                 | 24                                 | 25                           |
| 26         |                                                                                                                                                                    |                                                                    |                                               |                                                                    | 31<br>9:00-9:45 AM<br>Barre & Core |                              |