

**Barre Nouvelle Schedule - June 2021 - [www.barrenouvelle.ca](http://www.barrenouvelle.ca) \* [d22thompson@gmail.com](mailto:d22thompson@gmail.com)**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	31 8:30–9:30 AM Barre 5:00–6:00 PM Barre	1 9:00– 9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	2 9:00 – 9:30 AM Stretch & Strengthen 5:00 – 6:00 PM Barre X & Stretch Strengthen	3 9:00 – 9:30 AM Cardio 5:00 - 6:00 PM Cardio Core	4 8:30 - 9:30 AM Barre	5
6	7 8:30–9:30 AM Barre 5:00–6:00 PM Barre	8 9:00– 9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	9 9:00 – 9:30 AM Stretch & Strengthen 5:00 – 6:00 PM Barre X & Stretch Strengthen	10 9:00 – 9:30 AM Cardio 5:00 - 6:00 PM Cardio Core	11 8:30 - 9:30 AM Barre	12
13	14 8:30–9:30 AM Barre 5:00–6:00 PM Barre	15 <b>NO CLASS</b> 5:00 - 6:00 PM Barre & Cardio	16 <b>NO CLASS</b> 5:00-6:00 PM Barre X & Stretch Strengthen	17 9:00– 9:30 AM Cardio 5:00 -6:00 PM Cardio Core	18 8:30 - 9:30 AM Barre	19
20	21 8:30–9:30 AM Barre 5:00–6:00 PM Barre	22 9:00- 9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	23 9:00 – 9:30 AM Stretch & Strengthen 5:00-6:00 PM Barre X & Stretch Strengthen	24 9:00 – 9:30 AM Cardio 5:00 -6:00 PM Cardio & Core	25 8:30 - 9:30 AM Barre	26
27	28 8:30–9:30 AM Barre 5:00–6:00 PM Barre	29 9:00–9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	30 9:00 – 9:30 AM Stretch & Strengthen 5:00-6:00 PM Barre X & Stretch Strengthen	1 9:00–9:30 AM Cardio 5:00-6:00 PM Cardio & Core	2 8:30 - 9:30 AM Barre	3