

Barre Nouvelle Schedule–JUNE 2022 - www.barrenouvelle.ca * d22thompson@gmail.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 8:30–9:30 AM Barre 5:00–6:00 PM Barre	31 9:00–9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	1 9:00 – 9:30 AM Stretch & Strengthen 5:00 – 5:45 PM Stretch & Core Strengthen	2 8:30 – 9:30 AM Barre & Cardio 5:00 - 6:00 PM Cardio Core	3 8:30 - 9:30 AM Barre	3 9:00-10:00 AM Barre & Core
5	6 8:30–9:30 AM Barre 5:00–6:00 PM Barre	7 9:00–9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	8 9:00 – 9:30 AM Stretch & Strengthen 5:00 – 5:45 PM Stretch & Core Strengthen	9 NO CLASS NO CLASS	10 8:30 - 9:30 AM Barre	11 9:00-10:00 AM Barre & Core
12	13 8:30–9:30 AM Barre 5:00–6:00 PM Barre	14 9:00–9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	15 9:00–9:30 AM Stretch & Strengthen 5:00-5:45 PM Stretch & Core Strengthen	16 8:30 – 9:30 AM Barre & Cardio 5:00 - 6:00 PM Cardio & Core	17 8:30 - 9:30 AM Barre	18 9:00-10:00 AM Barre & Core
19	20 8:30–9:30 AM Barre 5:00–6:00 PM Barre	21 NO CLASS 5:00- 6:00 PM Barre & Cardio	22 9:00–9:30 AM Stretch & Strengthen 5:00-5:45 PM Stretch & Core Strengthen	23 8:30 – 9:30 AM Barre & Cardio 5:00 - 6:00 PM Cardio & Core	24 8:30 - 9:30 AM Barre	25 9:00-10:00 AM Barre & Core
26	27 8:30–9:30 AM Barre 5:00–6:00 PM Barre	28 9:00–9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	29 9:00–9:30 AM Stretch & Strengthen 5:00-5:45 PM Stretch & Core Strengthen	30 8:30 – 9:30 AM Barre & Cardio 5:00 - 6:00 PM Cardio & Core 30	July 1 Canada Day NO CLASS	July 2 NO CLASS