

	<b>Barre Nouvelle MARCH 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 CHANGE</b>
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	3 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	4 9:00-9:45 AM Stretch & Strengthen	5 9:00-9:30 AM Fusion Fit  5:30-6:15 PM Fusion Fit	6 9:00-9:45 AM Barre & Core	7
8	9 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	10 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	11 9:00-9:45 AM Stretch & Strengthen	12 9:00-9:30 AM Fusion Fit  5:30-6:15 PM Fusion Fit	13 9:00-9:45 AM Barre & Core	14
15	16 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	17 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	18 9:00-9:45 AM Stretch & Strengthen	19 8:00-8:30 AM Fusion Fit  5:30-6:15 PM Fusion Fit	20 9:00-9:45 AM Barre & Core	21
22	23 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	24 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	25 9:00-9:45 AM Stretch & Strengthen	26 9:00-9:30 AM Fusion Fit  5:30-6:15 PM Fusion Fit & Core	27 9:00-9:45 AM Barre & Core	28
29	30 9:00-9:45 AM Barre & Core  5:30-6:15 PM Barre & Core	31 9:00-9:30 AM Fusion Fit  5:30-6:00 PM Fusion Fit	APRIL 1 9:00-9:45 AM Stretch & Strengthen	2 9:00-9:30 AM Fusion Fit  5:30-6:15 PM Fusion Fit & Core	3 GOOD FRIDAY NO CLASS	4