

Barre Nouvelle Schedule - May 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00–10:00 AM Barre
2	3 8:30–9:30 AM Barre 5:00–6:00 PM Barre	4 9:00– 9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	5 5:00 – 6:00 PM Barre X & Stretch Strengthen	6 9:00 – 9:30 AM Cardio 5:00 - 6:00 PM Cardio Core	7 8:30 - 9:30 AM Barre	8 9:00–10:00 AM Barre
9	10 8:30–9:30 AM Barre 5:00–6:00 PM Barre	11 9:00 9:30 AM Cardio 5:00 -6:00 PM Barre & Cardio	12 5:00-6:00 PM Barre X & Stretch Strengthen	13 9:00– 9:30 AM Cardio 5:00 -6:00 PM Cardio Core	14 8:30 - 9:30 AM Barre	15 9:00 – 10:00 AM Barre
16	17 8:30–9:30 AM Barre 5:00–6:00 PM Barre	18 9:00- 9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	19 9:00 – 9:30 AM Stretch & Strengthen 5:00-6:00 PM Barre X & Stretch Strengthen	20 9:00 – 9:30 AM Cardio 5:00 -6:00 PM Cardio & Core	21 8:30 - 9:30 AM Barre	22 Victoria Day No class
23	24 Victoria Day No classes	25 9:00–9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	26 9:00 – 10:00 AM Barre X & Stretch Strengthen 5:00-6:00 PM Barre X & Stretch Strengthen	27 9:00–9:30 AM Cardio 5:00-6:00 PM Cardio & Core	28 8:30 - 9:30 AM Barre	29 9:00 – 10:00 AM Barre
					May 31 8:30 - 9:30 AM Barre 5:00-6:00 PM Barre	