

Barre Nouvelle Schedule--September 2021 - www.barrenouvelle.ca * d22thompson@gmail.com						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 9:00 – 9:30 AM Stretch & Strengthen 5:00 – 5:30 PM Stretch & Strengthen	2 9:00 – 9:30 AM Cardio 5:00 - 6:00 PM Cardio Core	3 8:30 - 9:30 AM Barre	4
5	6 No classes Labour Day	7 9:00– 9:30 AM Cardio 5:00- 6:00 PM Barre & Cardio	8 9:00 – 9:30 AM Stretch & Strengthen 5:00 – 5:30 PM Stretch & Strengthen	9 9:00 – 9:30 AM Cardio 5:00 - 6:00 PM Cardio Core	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 5:00-5:30 PM Stretch & Strengthen	16 No class at 9:00 am 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 9:00–9:30 AM Cardio 5:00-6:00 PM Barre & Cardio	22 No class at 9:00 am 5:00-5:30 PM Stretch & Strengthen	23 9:00–9:30 AM 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 5:00-5:30 PM Stretch & Strengthen	30 9:00–9:30 AM Cardio 5:00-6:00 PM Cardio & Core		