

	Barre Nouvelle SEPTEMBER 2026 www.barrenouvelle.ca ** d22thompson@gmail.com					SUBJECT TO CHANGE
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 NO CLASSES TODAY	1 NO CLASSES TODAY	2 NO CLASSES TODAY	3 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	4 9:00-9:45 AM Barre & Core	5
6	7 9:00-9:45 AM Barre & Core LABOUR DAY	8 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	9 9:00-9:45 AM Stretch & Strengthen	10 8:00-8:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	11 9:00-9:45 AM Barre & Core	12
13	14 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	15 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	16 9:00-9:45 AM Stretch & Strengthen	17 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	18 8:45-9:30 AM Barre & Core	19
20	21 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	22 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	23 9:00-9:45 AM Stretch & Strengthen	24 9:00-9:30 AM Fusion Fit 5:30-6:15 PM Fusion Fit	25 9:00-9:45 AM Barre & Core	26
27	28 9:00-9:45 AM Barre & Core 5:30-6:15 PM Barre & Core	29 9:00-9:30 AM Fusion Fit 5:30-6:00 PM Fusion Fit	30 9:00-9:45 AM Stretch & Strengthen			