



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*SERIES*</p> <p>MAMA Strong 4/1 – 29</p> <p>(no class 4/22)</p> <p>*****</p> <p>REGISTER ON MINDBODY</p>	<p>*POP-UPS*</p> <p>LITTLE YOGI'S</p> <p>Wed, 4/1 (ages 3-5)</p> <p>Wed, 4/22 (ages 5-9)</p>		<p>1</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>4:15-5pm LITTLE YOGI'S (3-5Y)</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX</p>	<p>2</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>3</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30 – 6:15pm barreXPRESS</p>	<p>4</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am beFIT: Sculpt x HIIT</p>
<p>5 EASTER</p>	<p>6</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm pilatesREMIX</p>	<p>7</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>8</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX x Chappell Roan</p>	<p>9</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>10</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30 – 6:15pm barreXPRESS</p>	<p>11</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am beFIT: Sculpt x HIIT</p>
<p>12</p> <p>8:15 – 9am barreXPRESS</p> <p>9:15-10:15am Rise & Flow Yoga</p>	<p>13</p> <p>9:15-10:15am BURN x BREATHE</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm pilatesREMIX</p>	<p>14</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>15</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX</p>	<p>16</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>17</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30 – 6:15pm barreXPRESS</p>	<p>18</p> <p>9:00-10:00am barreEFFECT</p>
<p>19</p> <p>8:15 – 9am barreXPRESS</p> <p>9:15-10:15am *TAURUS SEASON YOGA: Calm x Stable*</p>	<p>20</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm barreXPRESS</p>	<p>21</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>22</p> <p>9:15-10:05am barreCORE</p> <p>11 – 11:45am LITTLE YOGI'S (5-9Y)</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX</p>	<p>23</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>24</p> <p>9:15-10:15am cardioBARRE</p>	<p>25</p> <p>9:00-10:00am barreEFFECT</p>
<p>26</p> <p>8:15 – 9am barreXPRESS</p> <p>9:15-10:15am Rise & Flow Yoga</p>	<p>27</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm pilatesREMIX</p>	<p>28</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>29</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>5:30 – 6:20pm beSCULPT & Stretch</p> <p>6:30-7:15pm yogaREMIX</p>	<p>30</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm pilatesEFFECT</p> <p>6:30-7:30pm Xen Strength Yoga</p>		<p><i>Schedule subject to change</i></p>

198 WORCESTER ST (STE3)
GRAFTON, MA 01536
508-284-6995

NEW MEMBER TRIAL
3 CLASSES/\$35
Learn to the burn!

TheBarreEffect@gmail.com
IG & FB @thebarreeffect
www.barreeffect.com