



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*SERIES*</b></p> <p>MAMA Strong 5/6 – 27</p> <p>Ages 6wks – 12mo</p> <p>*****</p> <p><b>REGISTER ON MINDBODY</b></p>	<p><b>*SERIES*</b></p> <p>LITTLE YOGI'S 5/19 – 6/9</p> <p>Ages 3-5</p> <p>*****</p> <p><b>REGISTER VIA LITTLEROOTSYOGA.NET</b></p>	<p><b>*SERIES*</b></p> <p>beFIT: Summer Shape Up 5/2 – 30 (no class 5/16)</p> <p>*****</p> <p><b>REGISTER ON MINDBODY</b></p>			1	2
<p>3</p> <p>9:15-10am <b>beSTRENGTH &amp; Stretch</b></p>	<p>4</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm <b>BURN x BREATHE</b></p>	<p>5</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>6</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>7</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>8</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30-6:15pm barreXPRESS</p>	<p>9</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am beFIT: Summer Shape Up*</p>
<p>10 <b>MOTHER'S DAY</b></p> <p>9:15-10:15am <b>Nurture x Bloom Yoga</b></p>	<p>11</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm <b>beFIT: Sculpt x HIIT</b></p>	<p>12</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>13</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>14</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>15</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30-6:15pm barreXPRESS</p>	<p>16</p> <p>9:00-10:00am barreEFFECT</p>
<p>17</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>18</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm <b>BURN x BREATHE</b></p>	<p>19</p> <p>9:15-10am pilatesEFFECT</p> <p>4:15-5pm LITTLE YOGI'S*</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>20</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>21</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>22</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30-6:15pm barreXPRESS</p>	<p>23</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:15am beFIT: Summer Shape Up*</p>
<p>24</p> <p>9:15-10:15am <b>GEMINI SEASON YOGA: Energetic &amp; Adaptable</b></p> <p>31</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>25 <b>MEMORIAL DAY</b></p> <p>9:15-10:15am barreEFFECT</p>	<p>26</p> <p>9:15-10am pilatesEFFECT</p> <p>4:15-5pm LITTLE YOGI'S*</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>27</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>28</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>29</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30-6:15pm barreXPRESS</p>	<p>30</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:15am beFIT: Summer Shape Up*</p>

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**\*NEW MEMBER TRIAL\***  
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Schedule subject to change