



THE BARRE EFFECT

SCHEDULE

SUNDAY

8:00am barreEFFECT

9:15am Rise & Flow Yoga [60min]

MONDAY

6:00pm pilatesEFFECT

7:15pm barreEFFECT

TUESDAY

6:00pm barreEFFECT

7:15pm Candlelight Yoga [60min]

WEDNESDAY

9:15am barreEFFECT

6:00pm barreEFFECT

THURSDAY

7:00am barreEFFECT

6:30pm Xen Strength Yoga

FRIDAY

9:15am barreEFFECT

5:30-6:15pm barreEFFECT

SATURDAY

7:30am barreEFFECT

9:00am barreEFFECT

**Please note: Schedule subject to change at any time. All classes are 45-min unless otherwise specified.*

Please refer to online MINDBODY schedule for the most up-to-date class listings and to reserve your spot. Please bring a mask, mat and barre wrap or small hand towel to class. Full health and safety measures available on website. All students must have an updated liability waiver on file prior to returning to in-studio classes.

*****NEW MEMBER SPECIAL*****

3 CLASSES / \$30

VIRTUAL CLASSES NOW AVAILABLE!

see website for details

Please follow us on Facebook & Instagram @TheBarreEffect – Grafton for studio updates & events!

www.barreffect.com