


NOVEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/29 8:00-9:00am barreEFFECT 9:15-10:30am Rise & Flow Yoga	10/30 9:30-10:25am barreESQUE 10:30-11:15am MAMA Strong (1) 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	10/31 <i>HALLOWEEN</i> <i>No classes</i>	1 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	2 5:30-6:20pm barreEFFECT 6:30-7:30pm Xen Strength Yoga	3 9:30-10:30am cardioBARRE 6:00-6:45pm BossChick Dance Workout	4 9:00-10:00am barreEFFECT
5 Daylight Savings Ends 8:00-9:00am barreEFFECT 9:15-10:30am Rise & Flow Yoga	6 9:30-10:25am barreESQUE 10:30-11:15am MAMA Strong (1) 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	7 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	8 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	9 5:30-6:20pm barreEFFECT 6:30-7:30pm Xen Strength Yoga	10 9:30-10:30am cardioBARRE 6:00-6:45pm BossChick Dance Workout	11 9:00-10:00am barreEFFECT
12 9:15-10:30am Rise & Flow Yoga	13 9:30-10:25am barreESQUE 10:30-11:15am MAMA Strong (1) 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	14 6:30-7:45m Candlelight Yoga	15 9:30-10:30am barreEFFECT 6:00-7:00pm barreESQUE 7:15-8pm BUTI Yoga/Sculpt	16 5:30-6:20pm barreEFFECT 6:30-7:30pm Xen Strength Yoga	17 9:30-10:30am cardioBARRE 6:00-6:45pm BossChick Dance Workout	18 9:00-10:00am barreEFFECT
19 8:00-9:00am barreEFFECT 9:15-10:30am Rise & Flow Yoga	20 9:30-10:25am barreESQUE 10:30-11:15am MAMA Strong (1) 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	21 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	22 9:30-10:30am barreEFFECT	23 THANKSGIVING 9:00 – 10:00am 7th Annual TURKEY BURN 	24 9:30-10:30am BARRE DETOX	25 9:00-10:00am barreEFFECT
26 8:00-9:00am barreEFFECT 9:15-10:30am Rise & Flow Yoga	27 9:30-10:25am barreESQUE 10:30-11:15am MAMA Strong (2) 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	28 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	29 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	30 5:30-6:20pm barreEFFECT 6:30-7:30pm Pilates Strength & Stretch		

THE BARRE EFFECT

Schedule subject to change. Please check MINDBODY for updates ☺

*** FRIENDLY REMINDER: Book as early as you'd like; Please cancel at least 6-hours prior to class if your plans change – thank you!***