

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:30-10:25am barreESQUE</p> <p>6:15-7:10pm pilatesEFFECT</p> <p>7:15-8pm barreXPRESS</p>	<p>2</p> <p>5:30-6:15pm pilatesREMIX</p> <p>6:30-7:45m Candlelight Yoga</p>	<p>3</p> <p>9:30-10:30am barreEFFECT</p>	<p>4</p> <p><b>9:00-10:00am Red, White &amp; BARRE</b></p>  <p>HAPPY 4<sup>TH</sup></p>	<p>5</p> <p>9:30-10:30am cardioBARRE</p>	<p>6</p> <p>9:00-10:00am barreEFFECT</p>
<p>7</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>8</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG</p> <p>6:15-7:10pm pilatesEFFECT</p>	<p>9</p> <p>5:30-6:15pm pilatesREMIX</p> <p>6:30-7:45m Candlelight Yoga</p>	<p>10</p> <p>9:30-10:30am barreEFFECT</p> <p>6:00-7:00pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>11</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Pilates Strength &amp; Stretch</p>	<p>12</p> <p>9:30-10:30am cardioBARRE</p>	<p>13</p> <p>9:00-10:00am barreEFFECT</p>
<p>14</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>15</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG</p> <p>6:15-7:10pm pilatesEFFECT</p> <p>7:15-8pm barreXPRESS</p>	<p>16</p> <p>5:30-6:15pm pilatesREMIX</p> <p>6:30-7:45m Candlelight Yoga</p>	<p>17</p> <p>9:30-10:30am barreEFFECT</p> <p>6:00-7:00pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>18</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>19</p> <p>9:30-10:30am cardioBARRE</p>	<p>20</p> <p>9:00-10:00am barreEFFECT</p>
<p>21</p> <p>8:15 – 9am beSCULPT &amp; Stretch</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>22</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG</p> <p>6:15-7:10pm pilatesEFFECT</p> <p>7:15-8pm barreXPRESS</p>	<p>23</p> <p>5:30-6:15pm pilatesREMIX</p> <p>6:30-7:45m Candlelight Yoga</p>	<p>24</p> <p>9:30-10:30am barreEFFECT</p> <p>6:00-7:00pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>25</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Pilates Strength &amp; Stretch</p>	<p>26</p> <p>9:30-10:30am cardioBARRE</p>	<p>27</p> <p>9:00-10:00am barreEFFECT</p>
<p>28</p> <p>8 – 9am barreEFFECT</p> <p><b>6 – 7pm SPA YOGA: restorative flow</b></p>	<p>29</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG</p> <p>6:15-7:10pm pilatesEFFECT</p> <p>7:15-8pm barreXPRESS</p>	<p>30</p> <p>5:30-6:15pm pilatesREMIX</p> <p>6:30-7:45m Candlelight Yoga</p>	<p>31</p> <p>9:30-10:30am barreEFFECT</p> <p>6:00-7:00pm barreESQUE</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>			

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\*\*\* **NEW MEMBER TRIAL 3/\$30** \*\*\*