



JULY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	2 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	3 9:30-10:30am barreCORE	4 9 – 10am RED, WHITE & BARRE  *PLEASE NOTE TIME CHANGE	5 9:00-10:00am barreEFFECT
6 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	7 9:30-10:20am beSTRENGTH 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	8 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	9 9:30-10:15am barreXPRESS 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	10 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	11 9:30-10:30am cardioBARRE	12 8 – 8:45am beBASICS* 9:00-10:00am barreEFFECT
13 9:15-10:15am Rise & Flow Yoga	14 9:30-10:20am beSTRENGTH 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	15 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	16 9:30-10:15am barreXPRESS 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	17 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	18 9:30-10:30am cardioBARRE	19 8 – 8:45am beBASICS* 9:00-10:00am barreEFFECT
20 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	21 9:30-10:20am beSTRENGTH 6:15-7pm pilatesREMIX	22 6:30-7:30pm Candlelight Yoga	23 9:30-10:15am barreXPRESS 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	24 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	25 9:30-10:30am cardioBARRE	26 8 – 8:45am beBASICS* 9:00-10:00am barreEFFECT
27 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	28 9:30-10:20am beSTRENGTH 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	29 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	30 9:30-10:15am barreXPRESS 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	31 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch	*SERIES* beBASICS: Intro2Barre/Pilates 6/28 – 7/26 (no class 7/5)	

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

NEW MEMBER TRIAL
3 CLASSES/\$35

Learn to  the burn!

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www.barreeffect.com

Schedule subject to change