



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15-10:10am barreCORE  5:30 – 6:20pm barreEFFECT  6:30–7:15pm yogaREMIX	2 9:15-10am barreXPRESS  5:30–6:20pm beSCULPT & Stretch  6:30–7:30pm Xen Strength Yoga	3 9:15-10:15am cardioBARRE	4 <b>HAPPY 4TH!</b> 9:00-10:00am <b>RED, WHITE &amp; BARRE</b> 
5 9:15-10:15am Rise & Flow Yoga	6 9:15-10:15am barreEFFECT  5:15-6pm barreXPRESS  6:15-7pm pilatesREMIX	7 9:15-10am <b>BURN X BREATHE</b>  5:30-6:15pm pilatesEFFECT  6:30–7:30pm Candlelight Yoga	8 9:15-10:10am barreEFFECT  5:30 – 6:20pm barreEFFECT	9 9:15-10am barreXPRESS  5:30–6:20pm beSCULPT & Stretch  6:30–7:30pm Xen Strength Yoga	10 9:15-10:15am cardioBARRE	11 9:00-10:00am barreEFFECT
12 9:15-10:15am Rise & Flow Yoga	13 9:15-10:15am barreEFFECT  5:15-6pm barreXPRESS  6:15-7pm pilatesREMIX	14 9:15-10am pilatesEFFECT  5:30-6:15pm pilatesEFFECT  6:30–7:30pm <b>Xen Strength YOGA</b>	15 9:15-10:10am barreCORE  5:30 – 6:20pm barreEFFECT  6:30–7:15pm yogaREMIX	16 9:15-10am barreXPRESS  5:30–6:20pm beSCULPT & Stretch  6:30–7:15pm <b>Xen Strength PILATES</b>	17 9:15-10:15am cardioBARRE	18 9:00-10:00am barreEFFECT
19 9:15-10am <b>beSTRENGTH &amp; Stretch</b>	20 9:15-10:15am barreEFFECT  5:15-6pm barreXPRESS  6:15-7pm pilatesREMIX	21 9:15-10am pilatesEFFECT  5:30-6:15pm pilatesEFFECT  6:30–7:30pm <b>Xen Strength YOGA</b>	22 9:15-10:10am barreCORE  5:30 – 6:20pm barreEFFECT  6:30–7:15pm yogaREMIX	23 9:15-10am barreXPRESS  5:30–6:20pm beSCULPT & Stretch  6:30–7:15pm <b>Xen Strength PILATES</b>	24 9:15-10:15am cardioBARRE	25 9:00-10:00am barreEFFECT
26 9:15-10:15am <b>LEO SEASON YOGA: Fierce x Ambitious</b>	27 9:15-10:15am barreEFFECT  5:15-6pm barreXPRESS  6:15-7pm pilatesREMIX	28 9:15-10am pilatesEFFECT  5:30-6:15pm pilatesEFFECT  6:30–7:30pm <b>Xen Strength YOGA</b>	29 9:15-10:10am barreCORE  5:30 – 6:20pm barreEFFECT  6:30–7:15pm yogaREMIX	30 9:15-10am barreXPRESS  5:30–6:20pm beSCULPT & Stretch  6:30–7:15pm <b>Xen Strength PILATES</b>	31 9:15-10:15am cardioBARRE	<b>SCHEDULE ENHANCEMENTS NOTED IN BOLD PRINT</b>

198 WORCESTER ST (STE3)  
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**\*NEW MEMBER TRIAL\***  
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Schedule subject to change