

# MARCH SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am–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  6-6:45PM Boss Chick Dance Workout	4 9:00-10:00am barreEFFECT
5 8:00-9:00AM barreEFFECT  9:15-10:30am Rise & Flow Yoga	6  6:15-7:10pm pilatesEFFECT  7:15-8pm barreXPRESS	7  6:30–7:45pm Candlelight Yoga	8 9:30am–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  6-6:45PM Boss Chick Dance Workout	11 9:00-10:00am barreEFFECT  <b>10:15-11:15am Boss Chick &amp; BUTI Yoga</b>
12 <b>8:00-9:00AM Pilates Strength &amp; Stretch</b>  9:15-10:30am Rise & Flow Yoga	13  6:15-7:10pm pilatesEFFECT  7:15-8pm barreXPRESS	14  6:30–7:45pm Candlelight Yoga	15 9:30am–10:30am barreEFFECT  6:00–7:00pm barreEFFECT  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  6-6:45PM Boss Chick Dance Workout	18 9:00-10:00am barreEFFECT  <b>10:15-11:30am Yoga NIDRA (yoga+meditation)</b>
19 8:00-9:00AM barreEFFECT  9:15-10:30am Rise & Flow Yoga	20  6:15-7:10pm pilatesEFFECT  7:15-8pm barreXPRESS	21  6:30–7:45pm Candlelight Yoga	22 9:30am–10:30am barreEFFECT  6:00–7:00pm barreEFFECT  7:15-8pm BUTI Yoga/Sculpt	23  5:30–6:20pm barreEFFECT  <b>6:30–7:15pm Stretch &amp; ROLL</b>	24 9:30–10:30am cardioBARRE  6-6:45PM Boss Chick Dance Workout	25 9:00-10:00am <b>FREE BARRE CLASS @ ATHLETA (Millbury)</b>
26 8:00-9:00AM barreEFFECT  9:15-10:30am Rise & Flow Yoga	27  6:15-7:10pm pilatesEFFECT  7:15-8pm barreXPRESS	28  6:30–7:45pm Candlelight Yoga	29 9:30am–10:30am barreEFFECT  6:00–7:00pm barreEFFECT  7:15-8pm BUTI Yoga/Sculpt	30  5:30–6:20pm barreEFFECT  6:30–7:30pm Xen Strength Yoga	31 9:30–10:30am cardioBARRE  6-6:45PM Boss Chick Dance Workout	

**6-WEEK SERIES: WED 7:15-8PM BUTI YOGA/SCULPT // FRI 6-6:45PM BOSS CHICK HIP HOP WORKOUT**  
**POP-UP CLASSES: BOSS & BUTI (3.11) // Yoga NIDRA (3.18) // Stretch & ROLL (3.23) // FREE CLASS @ ATHLETA (3.25)**  
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