



DECEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	2 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	3 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	4 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	5	6 9:00-10:00am barreEFFECT 10:30-11:15am beFIT: Sculpt x HIIT*
7 9:15-10:15am Rise & Flow Yoga 6 – 7:30pm *SPA YOGA + SOUND BOWLS* restorative event	8 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	9 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	10 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	11 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	12 9:15-10:15am cardioBARRE	13 9:00-10:00am barreEFFECT
14 Hanukkah 9:15-10:15am Rise & Flow Yoga	15 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	16 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	17 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	18 9:15-10am TINSEL & TONE 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	19 9:15-10:15am cardioBARRE	20 9:00-10:00am barreEFFECT
21 9:15-10:15am FESTIVE FLOW YOGA	22 9:15-10:15am HoliDaY GLOW BARRE 5:15-6:05pm barreCORE 6:15-7pm CALM+BRIGHT: Pilates by Candlelight	23 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm CHRISTMAS BY CANDLELIGHT YOGA	24 9:15 – 10:15AM 9TH Annual JINGLE BARRE	25 	26 9:15-10:15am cardioBARRE	27 9:00-10:00am barreEFFECT
28 9:15-10:15am Capricorn Season Yoga: Ambitious x Grounded	29 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	30 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	31 NEW YEARS EVE 9 -10 am NEW YEAR'S EVE celeBARREation 10:30-11:30am PEACEFUL YOGA FOR NEW BEGINNINGS	1/1 NEW YEARS DAY 10 - 11 am NEW YEAR'S DAY SWEAT x SCULPT 4 – 4:45PM REFLECT & RENEW YOGA	2026 SERIES SESSIONS beFIT: Sculpt x HIIT (1/10-31) MAMA Strong (1/8-29) <i>Enrollment open!</i>	*PILATES CHAIR / 1:1 TRAINING* Private & duet sessions available Contact us to book ☺

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