



THE BARRE EFFECT

SEPTEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/31 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	1 LABOR DAY 9:15-10:15am *LBD STRENGTH & STRETCH*	2 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	3 9:15-10:15am barreEFFECT 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 9:15-10:15am cardioBARRE	6 9:00-10:00am barreEFFECT
7 8:15 – 9am beSTRENGTH & Stretch 9:15-10:15am Rise & Flow Yoga	8 9:15-10:15am barreCORE 5:15-6:00pm beBASICS* 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 barreEFFECT 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 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	15 9:15-10:15am barreCORE 5:15-6:00pm beBASICS* 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 barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	18 9:15-10am beSTRENGTH 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 6:00-7:30pm *SPA YOGA* restorative event (separate fee)	20 9:00-10:00am barreEFFECT
21 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	22 9:15-10:15am barreCORE 5:15-6:00pm beBASICS* 6:15-7pm pilatesREMIX	23 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	24 9:15-10:15am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	25 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	26 9:15-10:15am cardioBARRE	27 9:00-10:00am barreEFFECT
28 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	29 9:15-10:15am barreCORE 5:15-6:00pm beBASICS* 6:15-7pm pilatesREMIX	30 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga		*BE BASICS* INTRO TO BARRE & PILATES 4-WEEK SERIES \$75 Enroll thru 9/5	*MAMA STRONG* 4-WEEK SERIES \$65 Enroll thru 9/1	*PILATES CHAIR* Private & semi-private sessions available Contact us to get started ☺

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508-284-6995

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Schedule subject to change