



THE BARRE EFFECT

OCTOBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SCHEDULE ENHANCEMENTS NOTED IN BOLD PRINT	*SERIES* MAMA STRONG WED, 10:15-11am 10/7 – 28 Register by 10/2			1 9:15-10am barreXPRESS 10:15-11am beSCULPT x BURN 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	2 9:15-10:15am cardioBARRE 5:15-6PM beBASICS: Intro to Barre*	3 9:00-10:00am barreCORE
4 8:15-9am beSTRENGTH x Stretch 9:15-10:15am Rise & Flow Yoga	5 9:15-10:15am barreEFFECT	6 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	7 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT	8 9:15-10am barreXPRESS 10:15-11am beSCULPT x BURN 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	9 9:15-10:15am cardioBARRE	10 9:00-10:00am barreEFFECT
11 9:15-10am Rise & Flow Yoga	12 COLUMBUS DAY 9:15-10am pilatesREMIX	13 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	14 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30-7:15pm PARTY HITS FLOW	15 9 TH STUDIO BDAY 9:15-10am BIRTHDAY BURN 10:15-11am beSCULPT x BURN 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	16 9:15-10:15am cardioBARRE 5:15-6PM barreEFFECT	17 9:00-10:00am barreEFFECT
18 8:15-9am beSTRENGTH x Stretch 9:15-10:15am Rise & Flow Yoga	19 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	20 9:15-10am PUMPKIN SPICE PILATES 5:30-6:15pm PUMPKIN SPICE PILATES 6:30-7:30pm Candlelight Yoga	21 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	22 9:15-10am barreXPRESS 10:15-11am beSCULPT x BURN 5:30-6:20pm beSCULPT & Stretch	23 9:15-10:15am cardioBARRE 5:15-6PM barreEFFECT	24 9:00-10:00am barreEFFECT 10:15-11am beSCULPT x BURN
25 9:15-10:15am SCORPIO SEASON YOGA: Determination x Strength	26 9:15-10:15am barreEFFECT 5:15-6pm PUMPKIN PULSE BARRE 6:15-7pm pilatesREMIX	27 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm CREEPY CANDLELIGHT YOGA	28 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30-7:15pm SKELETON STRETCH x FLOW	29 9:15-10am barreXPRESS 10:15-11am beSCULPT x BURN 5:30-6:20pm SPOOKY SCULPT 6:30-7:30pm XEN ZOMBIE YOGA	30 9:15-10:15am WITCHES BREW CARDIO BARRE 5:15-6PM barreEFFECT	31 HALLOWEEN 9:00-10:00am barreEFFECT

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

NEW MEMBER TRIAL
 3 CLASSES/\$39
 Learn to the burn!

TheBarreEffect@gmail.com
 IG & FB @theBARREeffect
www.barreeffect.com
 Schedule subject to change