



| Sunday                                                                                                                         | Monday                                                                                              | Tuesday                                                                                                                       | Wednesday                                                                                                       | Thursday                                                                                                                  | Friday                                | Saturday                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>SCHEDULE ENHANCEMENTS NOTED IN BOLD PRINT</b>                                                                               | <b>MAMA STRONG</b> resumes in Sept<br><br>Enrollment open!                                          |                                                                                                                               |                                                                                                                 |                                                                                                                           |                                       | 1<br><br>9:00-9:45am<br><b>beSTRENGTH x STRETCH</b>                                                                                  |
| 2<br><br>9:15-10:15am<br>Rise & Flow Yoga                                                                                      | 3<br><br>9:15-10:15am<br>barreEFFECT<br><br>5:15-6pm<br>barreXPRESS<br>6:15-7pm<br>pilatesREMIX     | 4<br><br>9:15-10am<br>pilatesEFFECT<br><br>5:30-6:15pm<br>pilatesEFFECT<br>6:30-7:30pm<br>Candlelight Yoga                    | 5<br><br>9:15-10:15am<br>barreCORE<br><br>5:30 – 6:20pm<br>barreEFFECT<br>6:30-7:15pm<br><b>STRETCH x FLOW</b>  | 6<br><br>9:15-10am<br>barreXPRESS<br><br>5:30-6:215pm<br><b>BURN x BREATHE</b><br>6:30-7:30pm<br>Xen Strength Yoga        | 7<br><br>9:15-10:15am<br>cardioBARRE  | 8<br><br>9:00-10:00am<br>barreEFFECT<br><br>11:00-12pm<br><b>POSES FOR PROGRESS YOGA</b><br>HELP US SUPPORT<br>UMASS CANCER<br>WALK! |
| 9<br><br>9:15-10am<br><b>STRETCH x FLOW</b>                                                                                    | 10<br><br>9:15-10:15am<br>barreEFFECT<br><br>5:15-6pm<br>barreXPRESS<br>6:15-7pm<br>pilatesREMIX    | 11<br><br>9:15-10am<br>pilatesEFFECT<br><br>5:30-6:15pm<br>pilatesEFFECT<br>6:30-7:30pm<br><b>CHAKRAS by Candlelight Yoga</b> | 12<br><br>9:15-10:15am<br>barreCORE<br><br>5:30 – 6:20pm<br>barreEFFECT<br>6:30-7:15pm<br>yogaREMIX             | 13<br><br>9:15-10am<br>barreXPRESS<br><br>5:30-6:20pm<br>beSCULPT & Stretch<br>6:30-7:15pm<br><b>Xen Strength PILATES</b> | 14<br><br>9:15-10:15am<br>cardioBARRE | 15<br><br>9:00-10:00am<br>barreEFFECT                                                                                                |
| 16<br><br>9:15-10:15am<br>Rise & Flow Yoga                                                                                     | 17<br><br>9:15-10:15am<br>barreEFFECT<br><br>5:15-6pm<br>barreXPRESS<br>6:15-7pm<br>pilatesREMIX    | 18<br><br>9:15-10am<br>pilatesEFFECT<br><br>5:30-6:15pm<br>pilatesEFFECT<br>6:30-7:30pm<br>Candlelight Yoga                   | 19<br><br>9:15-10:15am<br>barreCORE<br><br>5:30 – 6:20pm<br>barreEFFECT<br>6:30-7:15pm<br><b>STRETCH x FLOW</b> | 20<br><br>9:15-10am<br>barreXPRESS<br><br>5:30-6:20pm<br>beSCULPT & Stretch<br>6:30-7:30pm<br>Xen Strength YOGA           | 21<br><br>9:15-10:15am<br>cardioBARRE | 22<br><br>9:00-10:00am<br>barreEFFECT                                                                                                |
| 23<br><br>9:15-10:15am<br>Rise & Flow Yoga<br><br><hr/> 30<br><br>9:15-10:15am<br><b>VIRGO SEASON YOGA: Loyal x Dependable</b> | 24/31<br><br>9:15-10:15am<br>barreEFFECT<br><br>5:15-6pm<br>barreXPRESS<br>6:15-7pm<br>pilatesREMIX | 25<br><br>9:15-10am<br>pilatesEFFECT<br><br>5:30-6:15pm<br>pilatesEFFECT<br>6:30-7:30pm<br>Candlelight Yoga                   | 26<br><br>9:15-10:15am<br>barreCORE<br><br>5:30 – 6:20pm<br>barreEFFECT<br>6:30-7:15pm<br>yogaREMIX             | 27<br><br>9:15-10am<br>barreXPRESS<br><br>5:30-6:20pm<br>beSCULPT & Stretch<br>6:30-7:15pm<br><b>Xen Strength PILATES</b> | 28<br><br>9:15-10:15am<br>cardioBARRE | 29<br><br>9:00-10:00am<br>barreEFFECT                                                                                                |

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**\*NEW MEMBER TRIAL\***  
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Schedule subject to change