



THE BARRE EFFECT

FEBRUARY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15 – 9am beSTRENGTH 9:15-10:15am Rise & Flow Yoga	2 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	3 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	4 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	5 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	6 9:15-10:15am cardioBARRE 5:30 – 6:15pm beBASICS: Intro to Barre/Pilates*	7 9:00-10:00am barreEFFECT 10:30 – 11:15am beFIT: Cardio Sculpt
8 9:15-10:15am Rise & Flow Yoga	9 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	10 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm HEART CHAKRA FLOW: Self Love	11 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm HEART OPENING FLOW: Connection	12 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	13 9:15-10:15am cardioBARRE 5:30 – 6:15pm beBASICS: Intro to Barre/Pilates*	14 Valentine's Day 9:00-10:00am barreEFFECT 10:30 – 11:15am beFIT: Cardio Sculpt 
15 8:15 – 9am beSTRENGTH 9:15-10:15am Rise & Flow Yoga 6 – 7:30pm SPA YOGA + SOUND BOWLS	16 President's Day 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	17 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	18 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	19 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	20 9:15-10:15am cardioBARRE 5:30 – 6:15pm beBASICS: Intro to Barre/Pilates*	21 9:00-10:00am barreEFFECT
22 8:15 – 9am beSTRENGTH 9:15-10:15am *PISCES SEASON YOGA: Intuitive x Gentle*	23 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	24 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	25 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	26 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	27 9:15-10:15am cardioBARRE 5:30 – 6:15pm beBASICS: Intro to Barre/Pilates*	28 9:00-10:00am barreEFFECT
	PILATES CHAIR / 1:1 TRAINING Private & duet sessions available ***** PLEASE CONTACT US TO BOOK		*MONTHLY SERIES* MAMA Strong 2/5 – 26 ***** PLEASE BOOK ON MINDBODY		*MONTHLY SERIES* beBASICS: Intro to Barre/Pilates 2/6 – 27 ***** PLEASE BOOK ON MINDBODY	

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