



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/31 9:15-10:15am Rise & Flow Yoga	1 9:15-10:15am barreEFFECT  5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	2 9:15-10am pilatesEFFECT 4:15-5pm LITTLE YOGI'S* 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	3 9:15-10:10am barreCORE 10:15-11:00am MAMA STRONG* 5:30 - 6:20pm barreEFFECT 6:30-7:15pm <b>FLOW WITH PRIDE</b>	4 9:15-10am barreXPRESS  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  10:30 - 11:15am beFIT: Summer Shape Up
7 9:15-10:15am Rise & Flow Yoga	8 9:15-10:15am barreEFFECT  5:15-6pm <b>BURN X BREATHE</b> 6:15-7pm pilatesREMIX	9 9:15-10am pilatesEFFECT 4:15-5pm LITTLE YOGI'S* 5:30-6:15pm pilatesEFFECT 6:30-7:30pm <b>YACHT ROCK YOGA</b>	10 9:15-10:10am barreCORE 10:15-11:00am MAMA STRONG* 5:30 - 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	11 9:15-10am barreXPRESS  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  10:30 - 11:15am beFIT: Summer Shape Up
14 8:15-9am <b>BURN X BREATHE</b> 9:15-10:15am Rise & Flow Yoga	15 9:15-10:15am barreEFFECT  5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	16 9:15-10am pilatesEFFECT  5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	17 9:15-10:10am barreCORE 10:15-11:00am MAMA STRONG* 5:30 - 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	18 9:15-10am barreXPRESS  5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	19 9:15-10:15am cardioBARRE  6 - 7:30pm <b>SPA YOGA x SOUND BOWLS: restorative event*</b>	20 9:00-10:00am barreEFFECT  10:30 - 11:15am beFIT: Summer Shape Up
21 <b>FATHER'S DAY</b> 9:15-10am <b>beSTRENGTH &amp; STRETCH</b> 	22 9:15-10:15am barreEFFECT  5:15-6pm <b>BURN X BREATHE</b> 6:15-7pm pilatesREMIX	23 9:15-10am pilatesEFFECT  5:30-6:15pm pilatesEFFECT 6:30-7:30pm <b>Xen Strength Yoga</b>	24 9:15-10:10am barreCORE 10:15-11:00am MAMA STRONG* 5:30 - 6:15pm <b>BURN X BREATHE</b> 6:30-7:15pm yogaREMIX	25 9:15-10am barreXPRESS  5:30-6:20pm beSCULPT & Stretch 6:30-7:15pm <b>Xen Strength PILATES</b>	26 9:15-10:15am cardioBARRE	27 9:00-10:00am barreEFFECT  10:30-11:15am beFIT: Summer Shape Up
28 8:15-9am <b>beSTRENGTH &amp; STRETCH</b> 9:15-10:15am <b>CANCER SEASON YOGA: Intuitive x Imaginative</b>	29 9:15-10:15am barreEFFECT  5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	30 9:15-10am <b>Xen Strength PILATES</b> 5:30-6:15pm <b>Xen Strength PILATES</b> 6:30-7:30pm Candlelight Yoga		<b>WE'RE KICKING OFF SUMMER WITH TONS OF POP-UPS!</b>  <b>SCHEDULE ENHANCEMENTS NOTED IN BOLD PRINT</b>	<b>*SERIES*</b> Little Yogi's 5/19 - 6/9  Ages 3 - 5 ***** <b>REGISTER VIA LITTLEROOTS.YOGA.NET</b>	<b>*SERIES*</b> MAMA Strong 6/3 - 24  Ages 6wks -12mo ***** <b>REGISTER ON MINDBODY</b>

198 WORCESTER ST (STE3)  
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**\*NEW MEMBER TRIAL\***  
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Schedule subject to change