THE BARRE EFFECT

NOVEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15-10am Rise & Flow Yoga	2 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	3 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	4 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30–7:15pm yogaREMIX	5 9:15-10am barreXPRESS 10:15-11am beSCULPT x BURN 5:30–6:20pm beSCULPT & Stretch 6:30–7:30pm Xen Strength Yoga	6 9:15-10:15am cardioBARRE 5:15-6pm barreEFFECT	7 9:00-10:00am barreEFFECT
8 9:15-10am **beSTRENGTH x Stretch** 11-12:30pm **PILATES FUNDRAISER @ ELITE ACADEMY OF DANCE (Shrewsbury)** *Public welcome*	9 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	10 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	11 VETERANS DAY 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30–7:15pm yogaREMIX	12 9:15-10am barreXPRESS 10:15-11am beSCULPT x BURN 5:30–6:20pm beSCULPT & Stretch 6:30–7:30pm Xen Strength Yoga	13 9:15-10:15am cardioBARRE 5:15-6pm barreEFFECT	14 9:00-10:00am barreEFFECT
15 9:15-10am Rise & Flow Yoga	16 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	17 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30–7:30pm **Gratitude Flow by Candlelight**	18 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30–7:15pm yogaREMIX	19 9:15-10am barreXPRESS 10:15-11am beSCULPT x BURN 5:30–6:20pm beSCULPT & Stretch 6:30–7:30pm Xen Strength Yoga	20 9:15-10:15am cardioBARRE 5:15-6pm barreEFFECT	21 9:00-10:00am barreEFFECT
22 8:15-9am **beSTRENGTH x Stretch** 9:15-10:15am **SAGITTARIUS SEASON YOGA: Hope x Growth**	23 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	24 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	25 9:15-10:10am barreCORE 10:15-11am MAMA STRONG*	26 THANKSGIVING 9-10am **10TH ANNUAL TURKEY BURN**	27 10-11am **BARRE DETOX**	28 9:00-10:00am barreEFFECT
29 9:15-10am Rise & Flow Yoga	30 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX			***SERIES*** **LITTLE YOGI'S (ages 3-6)** WED, 3:30-4:15pm 11/18 – 12/9 BOOK VIA LITTLE ROOTS YOGA by 11/11	***SERIES*** **MAMA STRONG** WED, 10:15-11am 11/4 – 25	***SCHEDULE ENHANCEMENTS NOTED IN BOLD PRINT***

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