

# SEPTEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/28	8/29  6:15-7:15pm barreCORE	8/30  6:30-7:45pm Candlelight Yoga	8/31  6:00-7:00pm barreEFFECT	1  5:30-6:20pm barreEFFECT  6:30-7:15pm Power Pilates	2  9:30-10:30am cardioBARRE	3  8:30-9:30am barreEFFECT
4	5 <b>LABOR DAY</b>  8:30-9:30am barreCORE  <i>* no pm classes *</i>	6  6:30-7:45pm Candlelight Yoga	7  9:30am-10:30am barreEFFECT  6:00-7:00pm Pilates Strength & Stretch	8  5:30-6:20pm barreEFFECT  6:30-7:30pm Xen Strength Yoga	9  9:30-10:30am cardioBARRE	10  8:30-9:30am barreEFFECT
11  8:30-9:30am barreCORE	12  6:15-7:05pm pilatesEFFECT  7:15-8pm barreXPRESS	13  6:30-7:45pm Candlelight Yoga	14  9:30am-10:30am barreEFFECT  10:30-11:15am <b>BABY Barre*</b> (pre/post natal)  6:00-7:00pm barreEFFECT	15  5:30-6:20pm barreEFFECT  6:30-7:30pm Xen Strength Yoga	16  9:30-10:30am cardioBARRE	17  8:30-9:30am barreEFFECT  10-10:45am <b>Kids Yoga &amp; Mindfulness*</b> (ages 6-9)
18  8:30-9:30am Pilates Strength & Stretch	19  6:15-7:05pm pilatesEFFECT  7:15-8pm barreXPRESS	20  6:30-7:45pm Candlelight Yoga	21  9:30am-10:30am barreEFFECT  10:30-11:15am BABY Barre (pre/post natal)  6:00-7:00pm barreEFFECT	22  5:30-6:20pm barreEFFECT  6:30-7:30pm Xen Strength Yoga	23	24  8:30-9:30am barreEFFECT  10-10:45am Kids Yoga & Mindfulness* (ages 6-9)
25  8:30-9:30am barreEFFECT	26  6:15-7:05pm pilatesEFFECT  7:15-8pm barreXPRESS	27  6:30-7:30pm Pilates Strength & Stretch	28  9:30am-10:30am barreEFFECT  10:30-11:15am BABY Barre (pre/post natal)  6:00-7:00pm barreEFFECT	29  5:30-6:20pm barreEFFECT	30  9:30-10:30am cardioBARRE	10/1  8:30-9:30am barreEFFECT  10-10:45am Kids Yoga & Mindfulness* (ages 6-9)

**\*NEW FALL SERIES\***

~ run as 6 week sessions ~

**BABY Barre (pre/post natal) | 9/14 – 10/19**  
**Kids Yoga & Mindfulness (ages 6-9) | 9/17- 10/22**

**\*FRIENDLY REMINDER:** PLEASE BOOK **AT LEAST 3-HOURS** IN ADVANCE WHENEVER POSSIBLE  
**CANCEL ON MINDBODY NO LATER THAN 6-HOURS PRIOR TO CLASS** TO AVOID LATE CANCEL FEE

[www.barreeffect.com/book-online](http://www.barreeffect.com/book-online)